



All babies cry and some babies cry for a very long time no matter what you do. It's completely normal. It's not your fault, and it's not your baby's fault.

The truth is while it seems there is no end to the crying, it does get better.

And you are not alone.

Knowing the facts about baby crying will help.

- All babies have crying patterns that increase beginning at 2 weeks of age and tend to peak at 6 to 8 weeks. The pattern of crying declines after this point.
- Crying often happens more in the late afternoon or evening just when you are tired too. That makes it all the more important to Keep Your Cool when baby cries.
- Your baby may keep crying no matter what you try and may cry as long as 5 hours. Make sure you have a plan to Keep Your Cool when this happens.

Keeping Your Cool when baby cries is important to your baby's safety.

And you can help others understand, too!



It's important to tell others to **KEEP THEIR COOL**

Don't leave your baby with anyone who might not keep their cool or control their temper.

Be sure to tell anyone who spends time with your baby about Keeping Their Cool, how crying is normal, and how it can be overwhelming sometimes.

Share the dangers of shaking a baby with everyone – spouse, girlfriend/boyfriend, grandparents, teenagers, friends, baby sitters, and other family members. Make sure they have a plan too. Tell them it is ok to lay your baby down in a safe place and take a break for a few minutes.

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When the crying gets to Kate she:

- Makes sure the baby is safe in his crib, on his back.
- Makes sure the baby isn't hungry, sick or in need of a diaper change.
- Then, steps away for a few minutes. Or calls someone to help.

Make a plan

It's normal for babies to cry, and even healthy babies can experience long periods of inconsolable crying.

When nothing seems to work, and you feel overwhelmed, then step away for a few minutes.

Have a plan like Kate's:

1. Go into another room, take some deep breaths and count to a hundred.
2. Call your best friend or mom for advice.
3. Play music to relax yourself and the baby.

Write down your own plan:

1. I will call _____ for help.
2. _____
3. _____

Never, ever shake a baby.