



Coping with Crying

It's normal for babies to cry, **sometimes for three or more hours a day**. Babies usually cry more often in the evening. Crying may come and go for **no reason**. Your baby's crying will not harm them. Crying slows down after three or four months for most babies.

Things to check:

- Is your baby hungry?
- Is your baby in pain?
- Does your baby need a diaper change?
- Does your baby want to be held?
- Does your baby have a fever?

If none of that seems to be the problem:

- Relax. Your baby will be OK. Some babies cry even when their needs are met.
- Have someone else watch your baby for a while if you need a break.
- Put your baby down in a safe place and go to the next room.
- Check on your baby every 10 minutes to see if there's anything you can do; but if not, your baby will be OK.
- Exercise.
- Listen to music.
- Call a friend, relative, or **2-1-1** for support.
- Call your doctor if you have questions.



It Gets Better!

Crying lasts for hours; shaking lasts
for a lifetime.

Stay calm. **Get help.**

Call 2-1-1 for more information.

More resources can be found on our website:



www.PreventChildAbuseFL.org

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2023