



TROUBLESHOOTERS GUIDE TO CRYING BABIES

DEVELOP A MENTAL LIST OF WHY YOUR BABY CRIES:

- HUNGER
- TIRED
- GAS
- WET DIAPER
- RASH
- CONSTIPATION
- HOT/COLD
- JUST WANTS TO BE HELD OR BURPED

WHEN YOU FINISH YOUR BABIES "CRYING LIST"; KEEP CHECKING. MAYBE THE DIAPER TAPE IS STICKING TO HIM.

WHEN YOU HAVE TRIED EVERYTHING, GO BACK TO "TIRED". AFTER 30 MINUTES OF CRYING, YOUR BABY IS GOING TO BE OVERTIRED AND PUTTING HER TO SLEEP WILL BE CHALLENGING.

IF AT ANY POINT YOU THINK YOUR BABY NEEDS MEDICAL ATTENTION - CALL A DOCTOR.

HERE ARE SOME TIPS FROM VETERAN DADS:

- DON'T TAKE CRYING PERSONALLY.
- GO FOR A WALK WITH THE BABY. THEY LOVE THE MOTION OF A STROLLER OR RIDING IN A SLING.
- A TAUT TUMMY OR KICKING LEGS MAY INDICATE GAS PAIN. BICYCLE HER LEGS, RUB HER TUMMY, OR LAY HIM ACROSS YOUR LAP WITH ONE LEG UNDER HIS TUMMY AND PAT HIS BACK.
- TRY TAG TEAM PARENTING WITH MOM. TAKING TURNS IS MUCH BETTER THAN BOTH OF YOU BEING UP ALL NIGHT.
- GIVE MOM A BREAK AND DON'T HAVE HER PUT THE BABY ON THE BREAST EVERY TIME HE WIMPERS. DEVELOP ALTERNATE TECHNIQUES.
- INVEST IN A BABY SWING.
- ONCE YOU GET HER TO SLEEP USE A HEATING PAD TO WARM HER BEDDING, (REMOVE BEFORE PUTTING BABY IN CRIB), SO THE SHOCK OF COLD SHEETS DOES NOT WAKE HER UP.
- RHYTHMIC MOTION AND BACKGROUND NOISE ALSO HELP LULL BABIES TO SLEEP. TRY THE VACUUM, CAR RIDES, MUSIC AT A LOW VOLUME OR THE WASHER AND DRYER.

IF YOU ARE ALONE, CALL SOMEONE FOR HELP OR PUT THE BABY IN A SAFE PLACE AND TAKE A BREAK FOR A FEW MINUTES. SOMETIMES YOU JUST HAVE TO PREPARE TO WALK YOUR CRYING BABY FOR HOURS. THIS STAGE WILL PASS AND YOU AND YOUR CHILD WILL ALWAYS KNOW THAT YOU WERE THERE WHEN HE NEEDED YOU MOST. THIS FEELING IS THE BASIS FOR A VERY STRONG RELATIONSHIP AS THE CHILD GROWS.

HANG IN THERE! YOU'RE DOING A GREAT JOB!