Tips for Coping with your Crying Baby

Breathe: Take a moment to collect yourself, take a deep breath, know that you and your baby are going to be OK.

Think: Consider basics (Is it time for a feeding, diaper change, burping, or nap?)

Soothe: Try soothing (swaying, gentle bouncing, vibrating baby seat, car ride, walk outside in stroller or baby carrier, white noise, pacifier, swaddling). Give each technique at least 5 minutes to work before moving on to the next. Don’t take it personally if soothing doesn’t work, it’s not you or your baby’s fault.

Rest: Call a trusted friend or family member to relieve you when your energy is low, take turns with your spouse while the other takes a walk or shower, or take a 5 minute break in a separate room from your baby. It’s OK to walk away from your baby when you need a break! (Be sure your baby is in a safe place such as their crib when you leave the room.)

Remind: Remind yourself you are an amazing, loving parent.

Reward: Care for yourself with rewards such as warm baths or a massage—you need it.

Colic helpline: Never feel ashamed to ask for help. It takes a village to raise a baby!

24-Hour Parent Helpline: 1-888-435-7553
Crying Baby Hotline: 1-866-243-2229
Fussy Baby Warmline: 1-888-431-BABY

Be sure to consult with your pediatrician to ensure your baby’s crying is not related to any underlying medical conditions. Talk to your doctor, family or friends about how you are feeling. Don’t bear the emotional burden alone.

Key information and support books for parents available on Amazon.com:
The Essential Crying Baby Book
The Essential Crying Baby Workbook