

# CRYING

**CRYING IS NORMAL.** Most babies cry for about two hours a day, and many get "fussy" toward the end of the day.

**CRYING IS IMPORTANT.** It's the only way a newborn can tell you he's uncomfortable and wants help.

Are you ready for this?

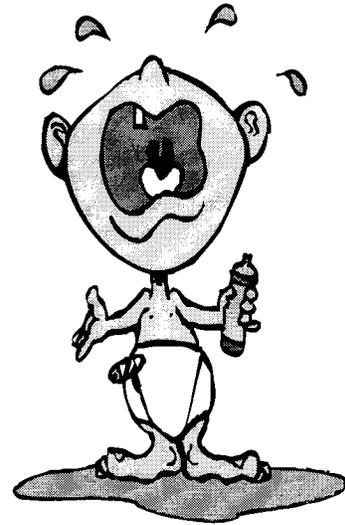
**NOBODY CAN MAKE A BABY STOP CRYING.** Not moms, not dads, not doctors, not baby experts—NOBODY.

They stop **WHEN THEY'RE READY.** So relax.

Dad's job is not to make him stop. Dad's job is to show him that he lives in a terrific world full of people that care about what he needs.

If you stay cool and treat him with care when he cries

- ⇒ He starts to learn how to communicate;
- ⇒ The bond between you gets stronger;
- ⇒ He starts to feel good about himself and his world.



The more Dad calmly tries to help his crying baby the stronger the bond gets between Dad and baby. The stronger the bond, the smarter, healthier, and stronger the baby becomes.

## ***"So what should I do when the baby cries?"***

When your baby cries, but you know that he has been changed, fed and burped, here are some things to try:

- ⇒ Wait one minute before doing anything;
- ⇒ Lean over him without picking him up and talk softly to him;
- ⇒ Stroke his head as you count slowly out loud,  
*"1,001...1,002...1,003...1,004...;"*
- ⇒ Lift his hand to his mouth so he can suck on his fingers;
- ⇒ Pick him up in your arms and hold or rock him;
- ⇒ Try giving him a pacifier;
- ⇒ Walk with him against your shoulder;
- ⇒ Walk outdoors with him.

## MIX TOGETHER WAYS TO DEAL WITH CRYING.

Try mixing sounds, movements, touch, and things for him to look at. One thing you could do is hold your baby and rub his back while you're walking around. You might even sing to him.



## INVENT A NEW WAY.

The same thing doesn't always work every time or for every person. Don't just use somebody else's ideas. Try your own. If it doesn't work after about five minutes, try something else or add something to what you're doing. And keep trying!

## DON'T BE EMBARRASSED.

Sometimes you might think what you're doing to calm the baby looks uncool for a guy to do, especially with other people around.

Don't cave in and let a woman take over! Take pride in being a dad. Others will really respect you (even if they don't say so) when they see you can stay cool when you've got a crying baby on your hands.

## **DON'T FEEL LIKE YOU'RE NOT A GOOD DAD.**

If you've done all you can do and just can't handle the baby's crying anymore, take a break! It's OK! Be proud that you did your best.

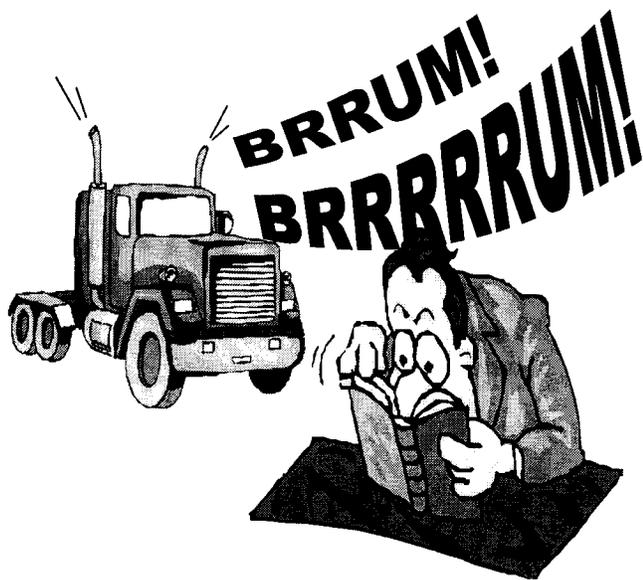
Remember, every time you treat your baby calmly and with love you learn new things about what works and what doesn't.

## **STAY COOL.**

A baby's cry is one of nature's loudest sounds. It is as loud as a truck without a muffler—and that's almost enough to be painful!

Sometimes having an unmuffled truck parked in your life can really get to you.

A crying baby can make anybody feel frustrated and sometimes **ANGRY**. A pat can become a slap; a firm hold can become a squeeze; a rock can become a vicious bounce.



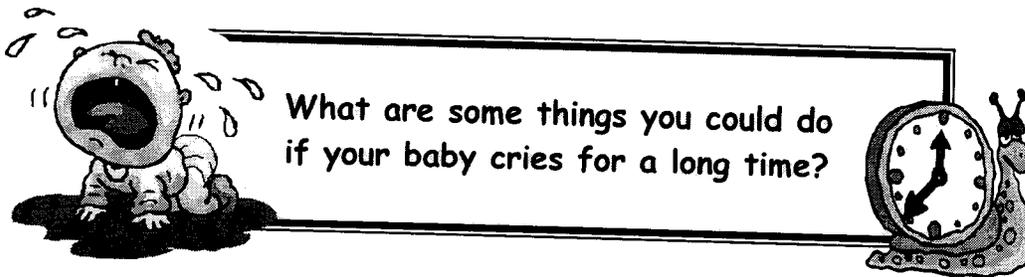
## BEFORE THAT HAPPENS...DO THIS:

- ▣ Stop what you're doing;
- ▣ Put your baby down in a safe place, like his crib;
- ▣ Get some help;
- ▣ Take some deep breaths and be calm;
- ▣ Know that you did your best.



Babies cry for lots of different reasons. Always remember, it's more important to show your baby how much you love him and want to help him than to figure out exactly what makes him cry.

If you've done everything you know to do, and the baby is still crying, you may have to let him cry himself out. That's OK. Sometimes babies don't even know why they are crying.



## DAD'S CRY CHART

### CHECK FOR THIS:

### THEN DO THIS:

