



Coping with Crying

All Babies Cry!

A crying baby can be very frustrating for parents. It is important to know that crying is normal for all babies and it will not harm them—crying is one way they can communicate with you. As your baby gets older they will communicate their needs better and cry less. Babies cry for many reasons, not just because they are hungry.

What to Look For

- Does baby need a clean diaper?
- Is baby too hot or too cold?
- If baby was just fed, does baby need to burp or have gas?
- Is something making baby afraid or scared?
- Does baby seem sick or have a fever?
- Sometimes babies get overwhelmed. Does baby need quiet time?

Tips for Soothing Baby

- Gently rock your baby in a rocking chair or in your arms
- Softly pat your baby on the back
- Sing or talk softly to your baby
- Play soft music
- Take your baby for a walk in the stroller
- Give your baby a warm bath

Never Shake Your Baby

Dealing with a crying baby can be very stressful, but NEVER SHAKE YOUR BABY! Shaking a baby can cause blindness, brain damage or even death. If you feel overwhelmed, lay your baby down in a safe place and walk away for a moment. As long as baby is safe, try the following to help your frustration:

- Ask a friend, relative or neighbor to help by holding your baby
- Take a bath or shower, exercise or listen to music
- Close your eyes and take deep, slow breaths
- Think about how much you love your baby

The average newborn cries two to three hours a day and sometimes more. If you feel your baby is crying too much, check with your pediatrician.

Source: http://www.ounce.org/pdfs/child_development/coping_crying.pdf

Healthy Start can help you learn how to take care of your new baby. We provide tips on keeping baby safe, proper nutrition for infants and what to expect with baby's growth and development. Talk to your Healthy Start Home Visitor for more information on newborn care.



Central & North Central Florida Coalitions

Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606
An Affiliate Partner of WellFlorida Council www.WellFlorida.org

EveryBabyDeservesAHealthyStart.org

Healthy Start of North Central Florida

Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

Central Healthy Start

Counties: Citrus, Hernando, Lake, Sumter

Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

Connect: 877-678-9355

The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children. Participating programs: Healthy Start, MIECHV/Parents as Teachers, NurseFamily Partnership, Healthy Families and Newborn Home Visiting.

9/22/2022



Manejo del llanto

Todos los bebés lloran!

Un bebé llorando puede causar frustración en los padres. Es importante saber que el llanto es normal en todos los bebés y no les hace daño. El llanto es una de las maneras que el bebé tiene para comunicarse con usted. A medida que su bebé crece irá comunicando sus necesidades mejor y llorará menos. Los bebés lloran por muchas razones, no solo cuando tienen hambre.

Qué buscar cuando el bebé llora:

- ¿Necesita cambio de pañal?
- ¿Tiene frío o calor?
- ¿Si lo acaba de alimentar, necesita que le saque los gases?
- ¿Hay algo que pueda estar asustando al bebé?
- ¿Parece que estuviera enfermo o tiene fiebre?
- Algunas veces los bebés se cansan. Necesitan un tiempo de silencio y calma.

Consejos para calmar el bebé

- Meza el bebé suavemente en una silla mecedora o en sus brazos
- Dele unas palmaditas suaves en la espalda
- Cántele o hablele suavemente
- Póngale música suave
- Sáquelo a pasear en el coche
- Déle un baño con agua tibia

Nunca sacuda a su bebé

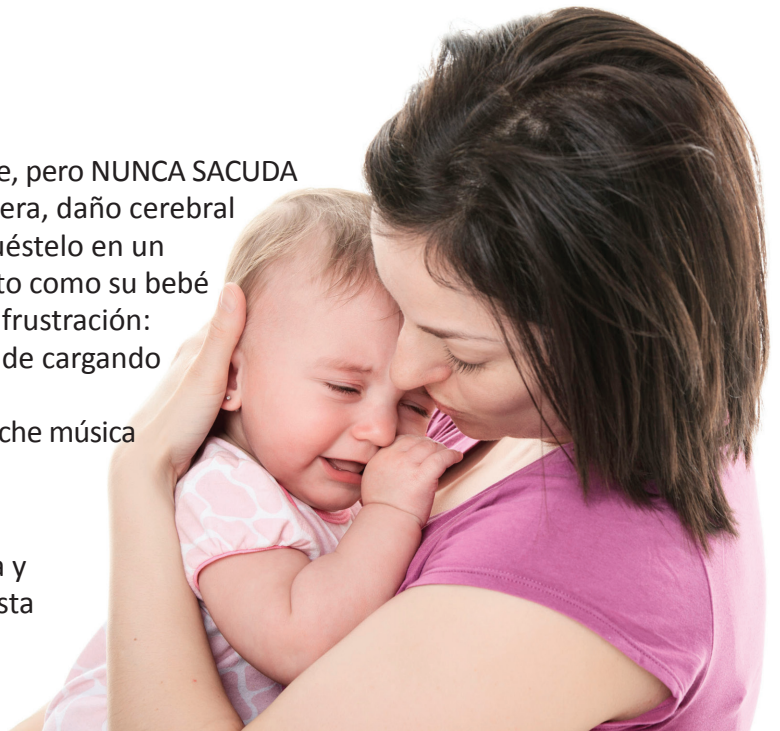
Lidiar con el llanto de un bebé puede ser estresante, pero **NUNCA SACUDA A SU BEBÉ!** Sacudir a un bebé puede causar ceguera, daño cerebral o incluso la muerte. Si se siente desesperada, acuéstelo en un lugar seguro y aléjese por un momento. Tan pronto como su bebé este seguro, haga lo siguiente para ayudar con la frustración:

- Pídale a una amiga, familiar o vecina que le ayude cargando al bebé
- Tome una ducha o un baño, haga ejercicio o escuche música
- Cierre sus ojos, respire profundo y despacio
- Piense en lo mucho que quiere a su bebé

Un bebé llora en promedio dos o tres horas al día y algunas veces más. Si usted siente que su bebé esta llorando demasiado consulte con su pediatra.

Fuente: http://www.ounce.org/pdfs/child_development/coping_crying.pdf

Healthy Start puede ayudarle para que aprenda cómo cuidar de su recién nacido. Nosotros le daremos consejos para mantener a su hijo seguro, tener nutrición adecuada y saber qué esperar de su crecimiento y desarrollo. Hable con la Visitadora Familiar de Healthy Start para más información sobre el cuidado del recién nacido.



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