

Listed below are a variety of additional resources available to you.

## Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

## Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

## Insight for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

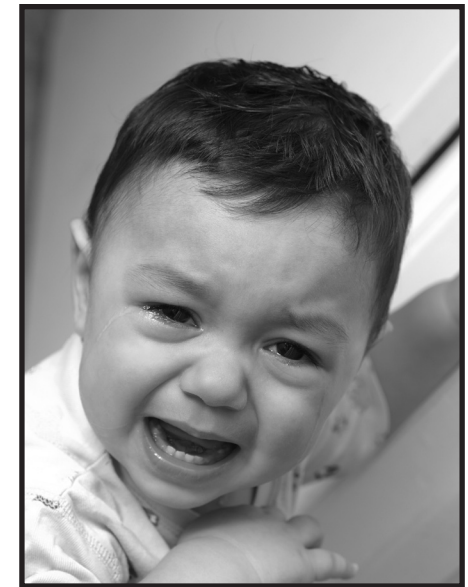
## Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

## Mutch Women's Center for Health Enrichment

Various materials of interest to women are available for check-out at the Mutch Women's Center for Health Enrichment. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

## When Your Baby Cries



Sanford Children's C.H.I.L.D. Services  
is located at:  
1115 W. 41st Street, Sioux Falls, SD  
(605) 333-0698



1305 W. 18th Street • PO Box 5039  
Sioux Falls, SD 57117-5039  
sanfordchildrens.org

## When Your Baby Cries

Crying is one way babies express their wants and needs. Although babies can communicate in other ways, crying brings the most immediate response from parents and caregivers. Infants cry for a variety of reasons. Listed below are some common reasons why babies cry. This is just a partial list. Determining the reason why your child is crying takes time, observation, and patience. It is important to understand that you may not always be able to stop your infant from crying.

### Uncomfortable diaper or clothes

Your baby may be dressed too warm, too cold, or need a diaper change. Some babies dislike being undressed. Infants get cold so quickly that they may cry to raise their body temperature. The feeling of air against their skin is also uncomfortable for many newborns. Covering your baby with a blanket while diapering keeps them feeling warm and secure.

### Security and comfort

Sucking on their fist, finger, or pacifier can help an infant calm down. If an infant sucks rigorously they may be hungry. Try to feed them. A relaxing environment for both parent and baby works best. Some infants eat faster than others do. A baby who eats too fast may swallow too much air and be difficult to burp. Different nipples and upright positions may also help prevent fussiness.

### Cuddling and closeness

Babies love to be cuddled and touched. This physical closeness assures the baby they are loved and valued. Touching and talking to your baby also produces a pleasurable experience. Babies enjoy hearing human voices. They may not understand the meaning or the words you say but they do understand your tone and feelings.

### Boredom and Attention

Babies brains are wired to absorb new information. To receive this information they must explore and experiment with objects in their environment.

Trying a variety of different positions, environments, and toys can encourage your baby's brain development.

- Different Positions – Babies enjoy being held. From time to time some infants may want to change positions and be held in different ways. Some babies like being held the same reassuring way, while other babies enjoy different positions. Try holding your baby up next to your chest or shoulder, cradled in your arms, or facing away from you (while you support their tummy, head, and bottom.) Slow, gentle actions work best when moving your baby. Loud or sudden movements may startle young infants.
- Put a blanket on the floor in a safe area. Lay your baby on their tummy while you are beside them. Place a musical toy or small plastic book 10-12 inches away from their face.
- Lay your baby on their back. Encourage their curiosity by showing them toys that make different sounds or movements. Hold the toys close enough for your baby to grab.
- Different Environments - Try spending time in different rooms in your house like the family room, playroom, or bedroom. These areas can be new and exciting places for your baby to see. Don't forget to babyproof rooms where your baby plays. Leaving baby alone to play can also be unsafe-accidents happen quickly.

## Temperament

Temperament is the way your baby reacts to their world. Some babies are more demanding than others. They may have intense reactions and be more difficult to calm when upset.

## Tired

Infants are born with immature sleeping patterns. Many infants start to develop a sleep routine after a couple of months. Rocking or regular rhythmical motions can be soothing. Rock your baby until they are sleepy and lay them down in a crib or bassinet. Some babies will learn to fall asleep by themselves without fussing. Other babies due to their temperament may not be able to fall asleep by themselves and need your help and patience.

## Overstimulation

Infants become overstimulated when their senses receive information too quickly. Some infants become overwhelmed in a noisy visually stimulating environment. Other infants may become fussy when you use too many toys or activities at once. Aggressive play can also make your baby fussy. Watching and understanding your infant's cues will tell you when they need a short break from your interaction.

## Stress

Infants cry to reduce tension and stress. It is okay to let your infant cry for brief periods like 5-10 minutes. Your baby may not feel their needs are being met if you leave them to "cry it out" for periods longer than 10 minutes. To soothe them, gently massage arms, legs, tummies, and backs. Wrap them gently in a blanket. Talking softly or playing soothing music may also help.

## Sickness or pain

A fussy baby can be a sign your infant is not feeling well. Contact your baby's doctor if you feel your baby is sick.

When your baby is fussy it is important to have a strong support system. If trusted family, friends, or neighbors ask to help—let them. No matter how much you love your child it is important to take a break from parenting - especially if your child is being fussy. A break will recharge your patience level and you will have a better ability to deal with stress. If you can not find someone to help and you feel yourself becoming angry with your baby, place your baby in their bed where they will be safe alone for a few minutes. Walk into another room and count slowly to ten. Take some deep breaths; remember, your child does not intentionally want to upset you or make you mad. Listen to music, call a friend, watch television, read a book, or exercise to reduce the stress you are feeling. Go back and check on them after 10 or 15 minutes. After you have calmed down try to comfort them again. It is never okay to shake a baby.