

## THE PERIOD OF PURPLE CRYING®

The *Period of PURPLE Crying* describes a phase of infancy characterized by increased crying. Crying is a perfectly healthy and normal part of baby's development.

- At 2 weeks of age, babies may start to cry more each week and continues until roughly 3-4 months of age.
- During the 2nd month, babies usually cry more than at any other time.
- After 2 months, typically babies begin to cry less each week.
- Babies can still be healthy and normal, even if they cry 5 hours/day.

It may be frustrating, but the *Period of PURPLE Crying* will come to an end. Some babies cry a lot, and some far less, but they all go through the *Period of PURPLE Crying*.

The acronym "PURPLE" is used to define the common characteristics of the phase of increased crying.

**PEAK OF CRYING:** Babies may cry more each week. The most at 2 months, then less at 3-5 months

**UNEXPECTED:** Crying can come and go and you may not know why

**RESISTS SOOTHING:** Babies may not stop crying, no matter what you try

**PAIN-LIKE FACE:** A crying baby may look like they are in pain, even when they are not

**LONG-LASTING:** Crying can last as much as 5 hours/day, or more

**EVENING:** Babies may cry more in the late afternoon and evening

FOR ADDITIONAL INFORMATION  
ON THE PERIOD OF PURPLE CRYING  
VISIT [PURPLECRYING.INFO](http://PURPLECRYING.INFO)

## Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

### CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

### SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

### PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to [sanfordhealth.org](http://sanfordhealth.org), keyword: Parenting eSource to sign up.

### EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

MUTCH WOMEN'S CENTER  
FOR HEALTH ENRICHMENT  
5019 S. Western Ave., Suite 200  
Sioux Falls, SD 57108  
(605) 328-7155

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## WHEN YOUR BABY CRIES

Common reasons your baby may cry



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& Parenting  
YOUR PARTNER THROUGHOUT PARENTHOOD

# When your baby cries

Crying is one way your baby expresses wants and needs. Just like adults use words to communicate, babies use crying to communicate.

## Common Reasons Why Your Baby May Cry

Remember this is just a partial list. Determining the reason why your baby is crying takes time, observation and patience.

### UNCOMFORTABLE DIAPER

Some babies are more sensitive to wetness than others. Change your baby's diapers right away to avoid this discomfort or diaper rash.

### SENSITIVE TO BODY TEMPERATURE CHANGES

Some babies are very sensitive to being too warm or too cold. Dressing your baby in layers and adjusting clothing to assist in regulating body temperature may lessen crying.

### HUNGER AND EATING

Your baby may cry when hungry. Even if you think that your baby should not be hungry yet, all children are different and your baby may need to eat. However, overeating can cause your baby to be uncomfortable too. If your baby does not respond to wanting to eat, continue to observe to determine what might be making your baby cry.

### AIR IN THE TUMMY

Additionally, if a baby eats too fast the baby may swallow too much air and have difficulty burping. Different bottle nipples, holding your baby in an upright position during feeding time and a calm environment during feedings may help diminish crying due to air in the tummy.

### SICKNESS OR PAIN

A fussy baby can be a sign your baby is not feeling well or experiencing some pain. Contact your doctor if your baby appears to be exhibiting signs of being sick and crying is persistent.

### TIRED

Babies often cry when they are tired. Rocking or rhythmical motions can be soothing and can help your baby relax enough to stop crying or drift off to sleep.

### LONELY OR NEEDING CLOSENESS

Babies can experience the emotion of loneliness. Babies love to be cuddled and touched; this helps a baby feel loved and valued. The sound of a quiet comforting human voice can help babies feel safe and comfortable. Although your baby may not understand the meaning of the words you say, your baby does understand your tone of voice and the feelings behind the words.

### BOREDOM

Your baby was born wanting to learn from you and to be with others. Some tips to keep baby from being bored include:

- Hold your baby in a different position to help baby see things from a different perspective.
- Play with your baby by holding toys close enough for your baby to grab. Change your baby's position from the tummy to the back during playtime to keep baby from getting bored.

### STRESS

Your baby may cry due to stress created by loud noises or too much activity in the room. Providing your baby a calm environment can minimize crying due to over stimulation.

## Calming yourself when baby is crying

When your baby is fussy, it is important to keep calm and take a brief break if necessary. A break will recharge your patience level and you will have a better ability to deal with stress created by your baby's crying.

If someone is not available to help you get a break when your baby is crying, give yourself a time-out when you feel yourself becoming angry with your baby.

1. Place your baby in your baby's bed so you can be alone for a few minutes.
2. Walk into another room and slowly count to ten.
3. Take some deep breaths; remember, your baby does not intentionally want to upset you or make you mad.
4. Go back and check on your baby after 10 or 15 minutes.
5. After you have calmed down, try to comfort your baby again. Remember, it is never okay to shake a baby.

## Have Parenting Questions? Get Answers.

**Sanford Parenting Services**  
**(605) 328-7155**

**sanfordhealth.org, keyword: parenting**