

Title

Crying is how babies communicate.

They cry to tell you they're hungry. When they need a diaper change.

When they're in pain. When they're tired.

So when your baby just won't stop crying, it can help to remember that they're really just "talking"—and that there are things you can do.

You can try feeding your baby, or see if they need a diaper change.

Check whether your baby seems too warm or too cold.

And make sure nothing is poking or pinching your baby.

If you can't find a reason for the crying, use these tried-and-true comforting tips.

Try one for a couple of minutes. If it doesn't help, try another one.

Swaddle or wrap your baby snugly in a baby blanket.

This simple step often quickly calms a baby.

Offer your baby a pacifier or your pinkie finger.

Sucking can help babies soothe themselves.

But if you're breastfeeding, experts recommend waiting until your baby is 3 or 4 weeks old and breastfeeding is going well before you offer a pacifier.

Rock or walk around with your baby. Cuddle your baby close to your chest.

Most babies love the combination of closeness and movement.

Sing softly to your baby, or make other soothing sounds.

Try turning on something that hums—like a fan or a clothes dryer.

Or search online for "white noise" to play for your baby.

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You could also take your baby for a ride in the stroller.

Sometimes going outdoors can change a baby's mood.

Or maybe you can take your baby for a car ride.

If these ideas don't work, put your baby in the crib for about 5 minutes while you stay close by.

Then try these tips again.

Late afternoons and early evenings can be fussy times for many babies.

If your baby cries around the same time every day, limit visitors and activity during that time.

Now, a crying baby may be stressful.

Especially when it all feels like it's more than you can handle.

This feeling can sometimes lead to a parent losing control and harming their baby.

But using force never helps calm a baby.

And shaking or hitting a baby—even just one time, even without meaning to—could lead to abusive head trauma.

This is also known as shaken baby syndrome.

With a little time, you'll get to know your baby's needs.

But you may need a little help from others.

Reach out to someone—a friend, neighbor, or family member—when you need a break.

And if no one is available, it's okay to leave your baby alone in a safe place.

Just check on your baby every few minutes.

And remember, your baby is growing fast.

Before you know it, your baby will cry less and use other ways to communicate—like with real words.

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