

CRYING: A NEWBORN'S FIRST LANGUAGE

HUNGER

- MOST COMMON REASON

TIREDNESS

- SLEEPINESS

DISCOMFORT

- FROM WET NAPPY , TOO HOT OR COLD , NEEDING TO BURP

OVERSTIMULATION

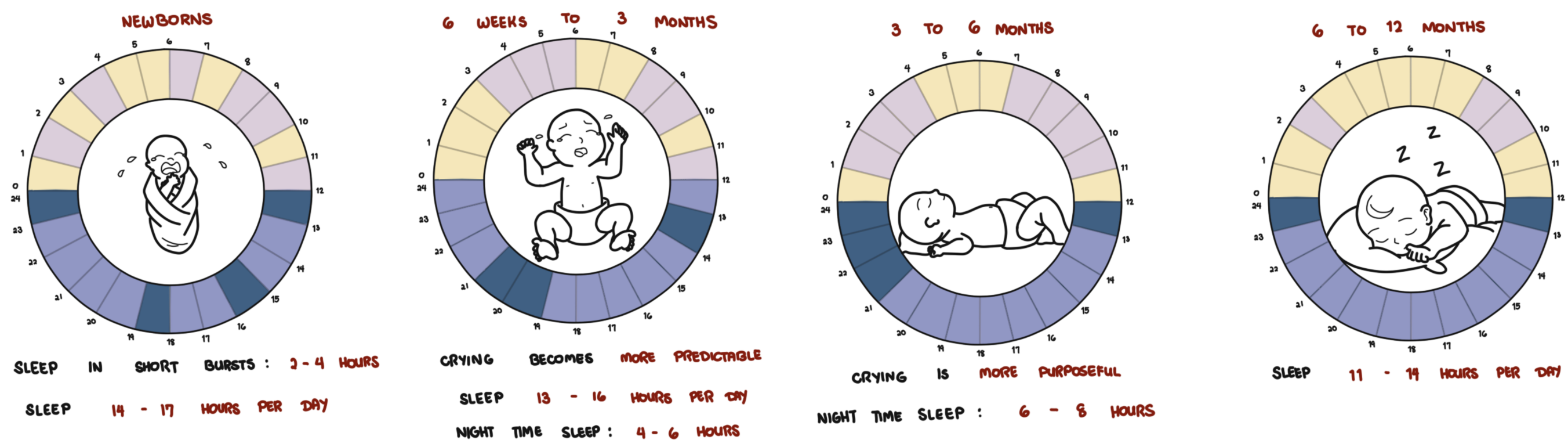
- AFTER LOTS OF ACTIVITY OR NOISE

NEED FOR CLOSENESS

- WANT TO BE HELD

MOST NEWBORNS CRY FOR 1-3 HOURS / DAY

PEAK AROUND 6-8 WEEKS OLD



TIPS TO SUPPORT HEALTHY SLEEP AND SOOTHE CRYING

RESPOND PROMPTLY

WATCH FOR SLEEP CUES

SWADDLE SAFELY



DAY - NIGHT CUES

CREATE A BEDTIME RHYTHM

WHITE NOISE OR SHUSHING

WHEN TO SEEK HELP

INCONSOLABLE CRYING

UNUSUALLY HIGH - PITCHED



SIGNS OF ILLNESS

YOU FEEL OVERWHELMED , DISTRESSED , OR WORRIED SOMETHING IS WRONG

Armando H. Faigl