

HELPING THE SICK CHILD AT HOME

CRYING INFANTS

This information does not replace qualified medical advice from your provider but can guide you on what you can do until regular office hours.

Babies cry. Some babies cry a lot, particularly babies under 3 months old. The average baby has 1-2 hours of unexplained crying scattered throughout the day. As long as they are happy and content when they are not crying, this is normal. But some babies may cry for more than 2 straight hours without any other symptoms, which can be very concerning.

What to do first:

- Check your baby's temperature. A fever may explain the excess crying
- Undress your baby and check if there is anything different (e.g. rashes, swollen body parts like extremities, fingers, genital area, etc.). If you see something, it is better to have it checked as soon as possible.

If your baby is 3 months or older:

- Crying for more than 2 hours is extremely unusual and is more likely to indicate an illness or injury. It is a good idea to have your baby seen by a medical provider.

If your baby is under 3 months:

- Check the basics again – Is he hungry? Does he need a diaper change? Is he too hot or too cold?
- Try swaddling or rocking.
- Walking or pushing your baby in a stroller may help calm your baby.
- Just hang on. Most babies stop crying on their own. Your presence is comforting to your baby, even if it's hard to tell sometimes
- Every hour, recheck your baby's temperature and body for new signs of illness.
- Never shake a baby as it can cause bleeding around the brain and severe brain damage. If you are getting frustrated, give the baby to another caregiver or put the baby in the crib and have a moment to calm down.

If these recommendations do not work or there is something else that worries you, please go to the nearest urgent care for a physician assessment. For emergencies, call 911.

