



# SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

## Why do Babies Cry?

Crying serves several useful purposes for your baby. It gives him a way to call for help when he is hungry or uncomfortable. Sometimes it helps him to get rid of excess energy and release tension. There are many causes other than hunger, for which baby may cry. So, do not blame breast-feeding for each cry! Here are some reasons why babies cry –

|                 |             |                   |               |                  |
|-----------------|-------------|-------------------|---------------|------------------|
| Needs attention | Cold        | Tight clothing    | Nose block    | before toilet    |
| Mosquito bite   | Earache     | Wet Clothing      | Wet clothing  | Oral thrush      |
| Mild fever      | Itching     | Pricking ornament | Throat ache   | Constipation     |
| Calcium lack    | Pneumonia   | Dehydration       | Heart disease | Urine infection  |
| Meningitis      | Indigestion | Malnutrition      | Convulsions   | Less breast milk |

## 10 ways to calm your crying baby

1. Calm yourself and relax your breathing.
2. Feed your baby and / or burp.
3. Wrap snugly (leaving face uncovered).
4. Change diaper.
5. Play calm music. Offer a favorite toy to play with.
6. Put your baby down to bed but stay close.
7. Try changing position. Check if too warm or cool.
8. Talk soothingly (let her know your presence).
9. Hold her such that they can make good eye contact.
10. Take baby away from an over stimulating, crowded environment.



Above all, don't take your baby's crying personally. He's not crying because you're a bad parent or because he doesn't like you. Babies routinely cry a total of one to four hours a day. It is part of adjusting to this strange new life.

***Baby is like a mirror, it reflects your anxieties!***