

When Babies Cry

(What are they really saying?)

What are some things you could do if your baby cries for a long time?



CHECK FOR THIS	THEN	DO THIS
Wet/dirty diaper? No 🖐	Yes 🖐	Change your baby's diaper and check for diaper rash. Apply zinc oxide if needed.
Is baby hungry? No 🖐	Yes 🖐	Fix your baby a bottle or take him to your partner for his feeding.
Uncomfortable? No 🖐	Yes 🖐	Pick him up and move him around. Check to see if he is hot or chilly. Adjust clothing as needed.
Gas bubble? No 🖐	Yes 🖐	Hold your baby to your shoulder. Walk around, gently stroking his back until he burps. If he is still gassy, try bicycling his legs.
Bored/angry/wants to be held? No 🖐	Yes 🖐	Hold, hug, cuddle, kiss, tell stories, read, sing, show baby interesting pictures, go for a walk. Tell him you love him!
Tired? No 🖐	Yes 🖐	Gently rock your baby, telling him how much you love him or singing lullabies until he falls asleep.
Colic? No 🖐	Yes 🖐	Contact your pediatrician to make sure it isn't something more severe. If it is colic, try the five soothing methods.
Sick? No 🖐	Yes 🖐	Check for fever. What are your baby's symptoms? Call doctor or after hours nurse line.
Schedule change? No 🖐	Yes 🖐	Hold, cuddle and talk gently to him. Get back on schedule as soon as possible.
Teething? No 🖐	Yes 🖐	Allow your baby to teethe on a cold washcloth or teething toy.
Constipated? No 🖐	Yes 🖐	Massage his tummy. Give him a warm bath. Bicycle your baby's legs.
Unusual poop? No 🖐	Yes 🖐	Monitor your baby's bowel movements. Consult your baby's physician.
Nothing is working. No 🖐	Yes 🖐	Sometimes your baby needs to cry. It's OK. You can show your love anyway.

Dad's Guide to Fatherhood

Reference:

Texas Office of the Attorney General. (2019). Dad's guide to fatherhood. Texas Health and Human Services. <https://www.texasattorneygeneral.gov/sites/default/files/files/child-support/Publications/13-06-15131DadsGuidetoFatherhood-ACC.pdf>