

# HUSH LITTLE BABY

## WHAT AN INFANT'S CRY MAY BE TELLING YOU

If we could only speak baby, that would make life so much easier. No more rushing around trying different things to stop our little guys from crying! Are they hungry? Bored? Sick? Hurt? Or just tired? It's normal for new moms to struggle to understand what their baby needs when they cry at us. But, usually, there are some patterns within the crying we can pick up on to help get an idea of what they need in the moment!

### FUSSY CRIES

This is a very common cry. They're not hungry or tired, just bored. Maybe they've had the same toy too long, or no one has paid attention to them for a while. The best thing to do is to take some time to play with them. Even though we don't always have as much time as we would like, giving them a new place to sit or a different toy to mess with can help while you finish up your other tasks.



### CONSTANT CRIES

Consistent crying could be a sign of colic, some sort of distress in the baby outside of your general control. Colic is typically defined by at least three hours of consistent crying for three nights a week while under three months old. It can be very scary and emotionally challenging when you have a colic baby. If you're noticing this level of crying, you can reach out to your pediatrician to help diagnose and guide you through how to help your child.

### BUILDING WHINY CRIES

Is this a cry that's whiny, nasally and just keeps getting more intense? Usually, these are signs that a baby is tired. They're cranky and ready for a nap, and let's face it, you probably are too!

### RHYTHMIC CRIES

A rhythmically repetitive cry generally means hunger. Usually, you will notice them trying to actively suck on their fingers or other things around them, even going for your breast when holding them.

### HIGH-PITCHED SHRIEKS

This is the kind of cry that you know is different, and you never forget it. It's a cry of pain. This can come from external pain like falling or vaccines, but could also be a sign of internal gas pain. Maybe, they just need to burp!

New moms, remember that crying is your child's main way of communication right now, not every cry means the end of the world. And it's okay to struggle to understand what it is they need in the heat of the moment. Over time as you grow as a mother, and as they grow in infancy, you will better differentiate the cries of your child and come to know what each mean—just as you come to know your own child much more intimately.