

What should I do when my baby cries? Will I spoil her if I pick her up as soon as she cries?

Why babies cry

Most of the time, babies cry because they need something. They don't cry to upset you or bother you. You cannot spoil your baby by going to him every time he cries.

Your baby needs to know that he can depend on you to be there when he needs you. When you answer his cries with loving care you are teaching him that he can trust you.

Most healthy babies cry between 1 and 3 hours a day. Babies start to cry a little less after about 3 months. They don't do all their crying at once, though. It's spread out over the day and night.

If your baby cries for more than 4 to 5 hours a day, talk to your health care provider.

Watch your baby closely. Pay attention to his sleep patterns and to what he is telling you. As you get to know him, you'll get better at understanding and meeting his needs. Trust your instincts. You know your baby best. Most of the time, you'll probably be able to figure out why he's crying and what he needs. Sometimes, you won't be able to figure out why your baby is crying. When this happens, all you can do is keep trying to comfort him.

Added info...

Letting your baby cry does NOT develop his lungs!



Loving Care



Birth to 6 Months

2010


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