



Crying Baby - Tips for Coping/Tips for Managing Stress

Categories : [Children and Families](#)

COPING WITH A CRYING BABY

A screaming baby can be extremely stressful for parents, especially when the baby cannot be comforted. Most physical abuse of children, including Shaken Baby Syndrome, occurs when a parent loses control, and then hits, shakes, and injures his or her child. The following are some things you can do to keep from losing control:

- Make sure all the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- Offer the baby a pacifier.
- Rock baby gently in the cradle.
- Walk baby around in a body carrier or just hold the baby close to you and walk around.
- Phone a friend.
- Call a friend, relative or neighbor to come over for support and/or take care of the baby while you take a break.
- Do something for yourself; play favorite music, make a cup of coffee or tea, exercise, take a shower/bath, or read a magazine or book.
- Change your activity: shake a rug, scrub a floor, throw away trash, or clean a closet.
- Splash water on your face.
- Hug a pillow.
- Sit down, close your eyes, think of a pleasant place in your memory. Do not move for several minutes.
- Press your lips together and count to 10. Better yet, count to 20.
- Write down as many helpful words as you can think of. Save the list.
- If all else fails, put the baby in their crib making sure they are safe, close the door, and check on them every 5 minutes or so.

For more information visit:

<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/crying-baby/art-20046995>

<https://www.helpguide.org/articles/parenting-family/when-your-baby-wont-stop-crying.htm>

SOURCE: *Mayo Clinic*

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