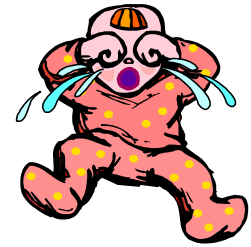


What's the secret of knowing one cry from another? You can tell by being aware of your baby's schedule, by observing your baby's behavior – and imply by listening! Here are the most common reasons babies cry, if they have no chronic problems:



PROBLEM	BABY'S REACTION	HOW YOU CAN HELP
Hunger	Rhythmical, brief cries that get more and more intense until they quickly turn into full-blown cries of pain.	Let your baby establish her own feeding schedule. If you're breastfeeding, allow your baby to nurse longer and more frequently.
Overfeeding	Frequent spit-ups and discomfort soon after meals.	Some irritable babies improve with smaller, more frequent feedings.
Swallowed Air	Cries of pain immediately after eating. (If breastfeeding, check to be sure your baby's mouth is sealed on the breast, so that no milk leaks out when she swallows. If bottle-feeding, check to be sure that the nipple holes are neither too small nor too large. Long crying bouts may also cause swallowing of air.)	Burp your baby on your shoulder or by bending her forward in a sitting position while you rub her back. Keeping her upright after feeding in a sturdy infant seat can bring relief, as can laying her on her right side for a few moments and then holding her upright again. (Most breast-fed babies don't need routine burping.)
Tiredness or Over-stimulation	Fussing and sporadic complaining. May bat at ears or appear swollen-eyed. Turn away from adults. May seem to want to cry at times as though to let off steam, especially in the evenings.	Let baby fall asleep in your arms before lowering into bed. Refrain from jiggling or vigorous play in the late afternoon. Go for a long, soothing walk.
Too Cold	Startling and crying when undressed or placed on a changing pad. Shuddering or turning bluish.	Cover cold surfaces with warm towels or lambskin. Wipe your baby clean with warm, damp washcloths under a receiving blanket and put off actual baths until she is older. Keep hat and booties on baby day and night.
Too Hot	Irritability, whining, fussing; may be flushed and sweaty, may breathe rapidly. (Check for fever if the baby seems sick or has had a shot within the past 24 hours.)	Babies need no more clothing or covering than adults do. Overheating, especially in winter, from blanket sleepers that don't allow the baby to cool off naturally, can cause a serious form of heatstroke and possibly death.
Difficult Bowel Movement or Urination	The baby turns red and seems to squirm and strain to pass a bowels movement or to urinate; seems fussy beforehand and/or screams out in pain.	Call your doctor, since these symptoms indicate a constriction of the baby's urinary passage or anus.
Internal Pain/Colic	Usually, the first cry of pain is loud and long, followed by a long pause that seems as if the baby is holding her breath. Then another alarming scream is sounded. The baby's mouth is wide open and her tongue is arched; her hands and feet are drawn up or circle in agitation. Colic pain usually occurs in late afternoon or evening. The baby's tummy may feel hard.	Your baby's screams may be due to her immature digestive system, teething pain, muscle aches, inner ear infection. Do what you usually do to comfort her, like feeding, changing and checking for too tight clothing. Put the baby across your knees on her tummy and gently pat her back; a warm cloth placed on the tummy may help. If you find yourself losing control and in danger of hurting the baby, put her in her crib or somewhere else safe or call a friend. Take a few minutes break. Call your doctor whenever crying persists.
External Pain	Piercing screams or sudden, intense pain cries for no apparent reason.	Crying may be caused by tight bands on clothing, scratchy pants or irritating fabrics. Check each toe and finger to see whether a long coil of hair or thread is cutting off circulation.
Loneliness or Boredom	Coos and gurgles (of a 3 month old or older) give way to protests and wails. The bored cry is "fake" sounding with low, throaty noises followed by two or more moans.	Carry a young baby in a carrier or keep her near you. Redirect baby's attention by offering toys.