

Coping with Your Baby's Crying

All babies cry, but some babies cry more than others. Sometimes you can tell that your baby is crying because your baby is hungry or uncomfortable. At other times, you may not know why your baby is crying. Your baby is just trying to communicate. Crying peaks at 2 months and a baby can cry up to 2 hours a day.

When your baby starts crying, try to stop the crying. By responding to the crying quickly, you may prevent your baby from becoming too upset. Common causes of crying are wet or soiled diaper, hunger, gas or baby is too warm or too cold. Try these tips. To prevent gas, burp your baby during and after feedings. Check your baby's diaper often and change it when wet or soiled. Make sure the diaper is not too tight. Check your baby for sweating or coolness. Add or remove blankets and clothing as needed. If you are ever in doubt about your baby's crying or health, call your baby's doctor.

Calming Your Baby

There are many ways to soothe and calm your baby. Try these and find what works best for your baby.

- Offer a pacifier. Never put the pacifier on a string or cord around the baby's neck. Never use a bottle nipple for a pacifier.
- Wrap your baby snugly in a blanket.
- Rock your baby gently. Hold your baby close and sing or talk in a quiet, singsong way.

应付您的宝宝的哭闹

所有宝宝都会哭闹，但是有些宝宝比其它宝宝哭闹更凶。有时，您可分辨宝宝哭闹是因为宝宝饥饿或者不舒服。其他时候，您不一定知道宝宝哭闹的原因。您的宝宝正在试图沟通。哭闹在2个月大时达到高峰，宝宝一天哭闹可长达2个小时。

您的宝宝开始哭闹时，请设法阻止其哭闹。您迅速对哭闹作出因应，即可防止您的宝宝过于不安。哭闹的常见原因是尿布被尿湿或脏污、饥饿、胀气或宝宝太热或太冷。请试用以下诀窍。为了防止胀气在喂食时和喂食后帮您的宝宝打嗝。经常检查您的宝宝的尿布，如尿布被尿湿或脏污，请予更换。确定尿布没有包得太紧。检查您的宝宝是否出汗或发冷。按照需要增减毯子和衣服。如果您对您的宝宝的哭闹或健康有疑问，请致电给宝宝的医生。

使宝宝安定

有多种方法可以使宝宝安定。请试用这些方法，了解哪一种方法对您的宝宝最有效。

- 给一个橡皮奶头。千万不要把橡皮奶头用细带或绳子挂在宝宝的脖子上。千万不要用奶瓶的奶头代替橡皮奶头。
- 将宝宝舒服地包裹在毯子中。
- 轻轻地摇晃您的宝宝。紧抱您的宝宝，并以安静单调的方式唱歌或说话。

- Keep the room quiet and the lights low.
- Put your baby in a soft front carrier, close to your body. Walk or dance with your baby.
- Give your baby a warm relaxing bath.
- Lay your baby next to your skin and gently rub your baby.
- Play soothing music, run the vacuum cleaner, or let the water run a few minutes. Offer your baby a “noisy” toy. Shake or rattle it.
- Put your baby in a baby swing or take your baby for a ride in the stroller or car.

Sometimes nothing works. It is not your fault as long as you have tried to calm your baby and made sure your baby is clean, fed and not sick. Gently put your baby in his/her crib and leave the room. Check on your baby every 15 minutes. If you are concerned about your baby, call your baby’s doctor.

Never shake your baby.

The main reason that babies are shaken is because of crying. If you feel you are losing control, gently place your baby in a crib and try one of the following ideas.

- Let your anger out in a safe way. Scrub a floor, do dishes or laundry, shake a rug, or just sit down and have a good cry.
- Calm down. Sit or lie down, close your eyes, take some deep breaths, think of something pleasant for several minutes or count to 100 until you are calm.

- 将房间保持安静，并将灯光保持暗淡。
- 将宝宝放在柔软的身前挂袋中，紧贴您的身体。带您的宝宝散步或跳舞。
- 给宝宝洗个温水澡，让宝宝放松。
- 让宝宝贴着您的皮肤躺下，轻轻揉搓您的宝宝。
- 播放令人镇定的音乐、开动真空吸尘器或让自来水流动几分钟。给您的宝宝一个“会出声”的玩具，摇晃或摇动此玩具。
- 将宝宝放在婴儿秋千上，或者用婴儿推车或汽车带宝宝去兜风。

有时，任何方法都不起作用。只要您已设法使宝宝镇定，并确定宝宝是洁净的，已喂饱并没有生病，那么这不是您的过错。将宝宝轻柔地放入小床，离开房间。每隔15分钟检查宝宝一次。如果您对宝宝有忧虑，请致电给宝宝的医生。

千万不要摇晃您的宝宝。

宝宝被摇晃的主要理由是哭闹。如果您感到自己正在失控，将宝宝轻柔地放入小床，然后试试采取以下办法。

- 安全地发泄您的愤怒。擦洗地板、洗碗或洗衣服、抖动小地毯，或者只是坐下，好好地哭一场。
- 镇静下来。坐下或躺下，闭上眼睛，深呼吸，想几分钟令人高兴的事，或者数到100，直到您镇静下来。

- Do something for yourself. Listen to music, exercise, take a shower or bath.
- Stop and think about why you feel so angry. It is okay to feel frustrated, as long as you do not take it out on your baby.
- Call a friend, relative or neighbor to talk about your frustration or see if someone can take over for a while.
- Contact the 24-hour Parent Connection Line at 614-224-2273, a service of Children’s Hospital, to talk to someone who can help you through this time. Remember—crying does not hurt a baby—shaking does.

Talk to your baby’s doctor or nurse if you have any questions or concerns about your baby’s crying.

- 为您自己做些事情。听音乐、锻炼、冲澡或洗澡。
- 停下来，想想您为何感到如此愤怒。只要您不对宝宝发泄，您可以感到沮丧。
- 致电给亲友或邻居，讨论您的沮丧，或者看看是否有人能够接替您一段时间。
- 致电给24小时父母联系专线(Parent Connection Line)，电话号码是614-224-2273。这是儿童医院(Children's Hospital)的一项服务，让您与帮助者讨论，度过这段时间。请记住—哭泣不会伤害宝宝—摇晃会伤害宝宝。

如果您对宝宝的哭闹有任何疑问或疑虑，请与您的宝宝的医生或护士讨论。

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