

# 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.

# 應付您的寶寶的哭鬧

所有寶寶都會哭鬧，但是有些寶寶比其他寶寶哭鬧更凶。有時，您可分辨寶寶哭鬧是因為寶寶饑餓或者不舒服。其他時候，您不一定知道寶寶哭鬧的原因。您的寶寶正在試圖溝通。哭鬧在 2 個月大時達到高峰，寶寶一天哭鬧可長達 2 個小時。

您的寶寶開始哭鬧時，請設法阻止其哭鬧。您迅速對哭鬧作出因應，即可防止您的寶寶過於不安。哭鬧的常見原因是尿布被尿濕或髒污、饑餓、脹氣或寶寶太熱或太冷。請試用以下訣竅。爲了防止脹氣在喂食時和喂食後幫您的寶寶打嗝。經常檢查您的寶寶的尿布，如尿布被尿濕或髒污，請予更換。確定尿布沒有包得太緊。檢查您的寶寶是否出汗或發冷。按照需要增減毯子和衣服。如果您對您的寶寶的哭鬧或健康有任何疑問，請致電給寶寶的醫生。

## 使寶寶安定

有多種方法可以使寶寶安定。請試用這些方法，了解哪一種方法對您的寶寶最有效。

- 給一個橡皮奶頭。千萬不要把橡皮奶頭用細帶或繩子掛在寶寶的脖子上。千萬不要用奶瓶的奶頭代替橡皮奶頭。
- 將寶寶舒服地包裹在毯子中。
- 輕輕地搖晃您的寶寶。緊抱您的寶寶，並以安靜單調的方式唱歌或說話。

- 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.

- 將房間保持安靜，並將燈光保持暗淡。
- 將寶寶放在柔軟的身前掛袋中，緊貼您的身體。帶您的寶寶散步或跳舞。
- 給寶寶洗個溫水澡，讓寶寶放鬆。
- 讓寶寶貼著您的皮膚躺下，輕輕揉搓您的寶寶。
- 播放令人鎮定的音樂、開動真空吸塵器或讓自來水流動數分鐘。給您的寶寶一個「會出聲」的玩具，搖晃或搖動此玩具。
- 將寶寶放在嬰兒鞦韆上，或者用嬰兒推車或汽車帶寶寶去兜風。

有時，任何方法都不起作用。只要您已設法使寶寶鎮定，並確定寶寶是潔淨的，已喂飽並沒有生病，那麼這不是您的過錯。將寶寶輕柔地放入小床，離開房間。每隔15分鐘檢查寶寶一次。如果您對寶寶感到擔憂，請致電給寶寶的醫生。

### **千萬不要搖晃您的寶寶。**

寶寶被搖晃的主要理由是哭鬧。如果您感到自己正在失控，將寶寶輕柔地放入小床，然後試試採取以下辦法。

- 安全地發洩您的憤怒。擦洗地板、洗碗或洗衣服、抖動小地毯，或者只是坐下，好好地哭一場。
- 鎮靜下來。坐下或躺下，閉上眼睛，深呼吸，想幾分鐘令人高興的事，或者數到100，直到您鎮靜下來。

- 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.**

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- 爲您自己做些事情。聽音樂、鍛煉、沖澡或洗澡。
- 停下來，想想您爲何感到如此憤怒。只要您不對寶寶發洩，您可以感到沮喪。
- 致電給親友或鄰居，討論您的沮喪，或者看看是否有人能夠接替您一段時間。
- 致電給24小時父母關係專線(Parent Connection Line)，電話號碼是614-224-2273。這是兒童醫院(Children's Hospital)的一項服務，讓您與幫助者討論，度過這段時間。請記住—哭泣不會傷害寶寶—搖晃會傷害寶寶。

如果您對寶寶的哭鬧有任何疑問或疑慮，請與您的寶寶的醫生或護士討論。

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