

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 he or she is hungry or uncomfortable. At other times, you may not know why your baby is crying. Babies use crying to communicate their needs. Crying peaks at 2 months and a baby can cry up to 3 hours a day.

When your baby starts crying, try to stop the crying. By responding to the crying quickly, you may keep him or her from getting too upset. You will not “spoil” your baby by doing this. Common causes of crying are wet or soiled diaper, hunger, gas, feeling too warm or too cold, or illness. Try these tips:

- Check diapers often and change when they are wet or soiled. Your baby should have at least 6 wet diapers a day.
- Check clothing or diaper for fit. Make sure the diaper is not too tight or clothing is not irritating the skin.
- Check for hunger. Your baby needs to eat every 3 to 4 hours and may want more food.
- Burp your baby during and after feedings to prevent gas.
- Check your baby's mouth and throat for white spots. This is a sign of infection. Call your baby's doctor.
- Check for sweating or coolness. Add or remove blankets and clothing as needed.

If you have concerns about your baby's crying or health, **call your baby's doctor.**

Wawen Lale Ninnin eo Nejum Ne Ej Jan

Aolep ninnin rej jan, ak elaplok an jet ninnin jan jen bar jet. Jet ien kwojela ke ninnin eo ej jan kin an Kwole ak ejab jokane an bed. Jet bar ien, bolen kwoj jab jela ta Unin an jan. Unin an ninnin jan, rej kwalok ke ewor aer aikuuj. Elkin an tobare 2 an Allon, enaj jino driklok an ninnin ejjanjan, im jet ien rej jan iumwin 3 Awa ilo juon raan.

Elane ninnin eo nejum enaj jino jan, kwon kajjion kabojrake an jan. Elane emokaj am kaenemone jen an jan, kwo maron bobrae jen an lukkun inebata. Kwo jamin kajiboili ninnin eo nejum ilo am kommane waween in. Jet Un ko rej komman bwe ren jan ke, ne etutu ak etoon Kal eo an, ne ekwole, ne eKototo ak kaaj lojeen, ne ebwil ak pio, ak enaninmej. Kajion kojerbal kabiloklok kein:

- En ikutkut am lale im janiji ne etutu ak ettoon kal eo an ninnin eo. Emmon ne ewor 6 im lonlok alen ilo juon raan am janiji kin an tutu ak ettoon kal ko an.
- Lale bwe en drettan wot nuknuk im kal ko an. Lale bwe en jab kankan kal eo im nuknuk ko im ren jab kokkure kilin.
- Lale ne ekwole. Ninnin eo nejum ej aikuuj mona aolep elikin 3 ak 4 awa innem enaaj bolen konaan bar mona.
- Nan bobrae jen an kaaj lojeen, kawuliki ninnin eo nejum ilo ien am naajdriki im bar elikin am najdriki.
- Lale lowan loniin im kabin buruon ninnin eo nejum ewor ke emoujuj ie. Men mouj ko rej kakollein an naninmej. Kurlok takto eo an ninnin eo.
- Lale elane elap an menokadu ak pio. Ellelok ak ejjolok kooj ak nuknuk jen e, ne ekkar.

Jabdrewot ien ewor am inepata ikijien an ninnin eo nejum ejjanjan ak an ejmour, innem **kurlok takto eo an**.

Calming Your Baby

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

- Give a pacifier. Never put the pacifier on a string or cord around your 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
- 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 on your chest, skin to skin.
- Give your baby an infant massage by gently rubbing your baby.
- Play soothing music, run the vacuum cleaner, or let the water run a few minutes. Give 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 or 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.

Waween Kainemon Ninnin eo Nejum

Elon Waween ko kwomaron kommani nan am kaenemon im kakomanmon kejeien ninnin eo nejum. Kajioni waween kein im lale waween ta eo emmon tata nan ninnin eo nejum.

- Lelok juon kein ninnin ak pacifier nan e. Jab likwoje kein ninnin eo ilo To im kattotoiki ilo konwaan. Jab kojerbal boran bato in ninnin nan tarin kein ninnin eo.
- Kutimi ninnin eo nejum kon kooj.
- Jeballe ninnin eo nejum ilo waween eo emeanwod. Bokoje na ubom im al non e im konono ilo ainikien eo emera im ainikien al.
- En ejelok keroro im kadriklok meram in room eo komro ej bed ie.
- Ate ninnin eo ilo juon kein eppok eo emeoeo im bidodo nan am kojajaki, im kwo maron bakoje waj na enbwinnum. Komman ien etetal ak taniij ibben ninnin eo nejum.
- Kommon an dren in jojo im tutu kin dren manaan.
- Kababuki ninnin eo ioon ubom, im kilin en enjaake manaan in kilim.
- Biti enbwinin ninnin eo nejum ilo waween eo emeanwod im emera am eoeoki enbwinin.
- Kajanjan al in kainemon, ak kojo bakium eo, ak kottoor dren in bojet iumwin jet minit ko. Lelok juon kein ikure eo ewor ainikien. Kammakitkiti kein ikure eo.
- Likiti ninnin eo ilo kein lijjidwalok ak kauweiki ilo kein wa bwilbwil.

Jet ien ejelok menin kaenemone. Ejjab am bwod elane edredrelok am kajion kainemone ninnin eo nejum im loloorjake bwe en erre, naajidriki, im lale bwe en jab naninmij. Likiti ninnin eo ilowaan crib ak kein kiki en an im diwoj jen room ne. Elkin 15 minit, bar lale ej et an bed. Elane ewor am inepata kin ninnin eo nejum, innem kir lok takto eo an.

Never shake your baby.

Shaking can cause damage to your baby's brain or even death. Crying is the main reason that babies are shaken. If you feel you are losing control, gently place your baby in a crib and try one of these 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.
- Do something for yourself. Listen to music, exercise or 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 feelings or see if someone can take over for a while.

Jab kawudidid ak kakaje ninnin eo nejum.

Kawudidid im kakaje ninnin enaj komman joraan nan komelij eo an im bareinwot komman jerata. Un eo elaptata in nan ad kawudidid ninnin ej kin aer ejjanjan. Elane kwoj enjake ke kwo maron lukun bwebwe kin an ninnin eo jan, kwon likiti ninnin eo ilowaan crib ak jikin kiki eo an im kajione juon ian waween kein ilal.

- Jolok am illu ilo juon Waween eo enaj kejbarok ainimon im en jab kauwatata. Kareoki ilowaan mweo, kwalkwol Konno ak Nuknuk, bikirluk Rak ko, ak komaron jijet im komaat am konan jan.
- Kwon bukot waween am aenemon. Jijet ak babu, kiili mejam, bok kutuom im emenono, innem lomnake tok jet lomnak ko remmon iumwin jet minit, ak bonbon lok nan 100 mae ien eo konaj aenemon.
- Komanne juon men eo emmon ibbam. Ronjake al, kemourour Enbwinum (exercise), ak tutu ne ejab jojo.
- Bojrak im lomnake mok ta lukkun unin am illu. Ejelok jorren ne kwonaj enjaake am inebata ak kwon jab na ruon ninnin eo nejum.
- Kir waj juon mottam, juon nukum, ak juon eo ej jokwe iturun mweo imom bwe kwon kwalok am enjake am inebata, ak bukot juon eo emaron jiban lale ninnin eo mokta.

- If you need help, call:
 - ▶ In Central Ohio, the 24-hour Parent Connection Line at (614) 722-5437, a service of Nationwide Children’s Hospital, Columbus, Ohio
 - ▶ Child Help USA® National Child Abuse Hotline at 1-800-422-4453, 24 hours a day
 - ▶ Child Abuse National Hotline at 1-800-252-2873

Remember – crying does not hurt a baby – shaking does.

When to Call Your Baby’s Doctor

Most of the time crying will stop when your baby’s “comfort needs” are met. But you should call your baby’s doctor if any of these things occur:

- Your baby is vomiting or has diarrhea.
- Your baby is having less than 6 wet diapers a day.
- Your baby has a fever over 100.4 degrees F or 38 degrees C when taken under the arm.
- Your baby cries constantly for more than 3 hours.
- The cry changes from a fussy to a painful cry.
- The constant crying continues after 3 months of age.
- You cannot soothe your baby no matter what you try.
- You are afraid you might hurt your baby. Never shake your baby.

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

- Elane kwoj aikuij jiban, kurlok nan:
 - ▶ Ilo Central Ohio, 24-Awa Nomba eo Nan Jiban Mama im Baba ro (24-hour Parent Connection Line) ej (614)-722-5437, ej juon jiban eo an Nationwide Children’s Hospital, eo ej pad ilo Columbus, Ohio
 - ▶ Nomba eo an Child Help USA® National Child Abuse Hotline ilo 1-800-422-4453, ej 24 awa aolep raan
 - ▶ Nomba eo an Child Abuse National Hotline ej ilo 1-800-252-2873

Kememej - jan ejjab kokkure ninnin eo – kawudidid im kakaje enaj kokkure.

Naat Ne Emmon Kurlok Takto eo an Ninnin ne Nejum

Eitan aolep ien ninnin enaaj bojrak an jan ninnin elane enaj bwe "aikuj ko nan kaenemon". Botaab emmon ne kwo naj kurlok takto eo an ninnin eo nejum elane juon iaan men kein enaaj walok:

- Ninnin eo nejum ej emmojlok wot ak pidodo lojeen.
- Eiet jen 6 alen janij an kal ilo juon raan.
- Ne jonon biba eo an elap jen 100.4 degree F ak 38 degree C ne kwoj bok jonon bwilin iumwin pein.
- Ne elloe jan 3 awa in an jan wot ninnin eo nejum.
- Ne eoktak ainikien jen jan in abonono nan jan in metak.
- Ne emoj an topar 3 an allon ak ekabdre ejanjan aolep ien.
- Ne kwojaje kaenemmone ninnin eo nejum jekdoon ta eo kwoj kajjione.
- Kwokkol ne ewor jorren en kwo kommane nan ninnin eo nejum. Jab kawudididi ak kakaje ninnin eo nejum.

Kwon konono ibben takto eo ak nuuj eo an ninnin eo nejum elane ewor am kajitok ak uwata kin an ninnin eo nejum ejanjan.

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