

# 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.**

# 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。宝宝通过哭闹来表达自己的需要。哭闹在2个月大时达到高峰，宝宝一天哭闹可长达3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。这么做不会“宠坏”宝宝。哭闹的常见原因是宝宝小便或大便了、饥饿、胀气、感到太热或太冷、或者宝宝生病了。请试用以下诀窍。

- 经常检查宝宝的尿布，发现宝宝小便或大便后，请予更换。宝宝每天至少应该尿湿尿布六次。
- 检查宝宝的衣服或尿布是否合适。确定尿布没有包得太紧，衣服对皮肤没有刺激性。
- 看宝宝是否饿了。宝宝每隔3到4个小时需要进食一次，哭闹可能是因为饿了。
- 喂食过程中和喂食后给宝宝拍嗝，防止胀气。
- 检查宝宝的嘴和喉部是否有白斑。白斑说明有炎症，要立即打电话给宝宝的医生。
- 检查宝宝是否太热或太冷。按照需要增减毯子和衣服。

如果对宝宝的哭闹或健康有疑问，请打电话给宝宝的医生。

## **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.

## 使宝宝安定

有多种方法可以使宝宝安定。请加以尝试，找出最合适的方法。

- 给宝宝一个安慰奶嘴。千万不要把安慰奶嘴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安慰奶嘴。
- 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。
- 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。
- 让宝宝依偎在您胸前，保持皮肤接触。
- 给宝宝做婴儿按摩，轻轻搓揉宝宝的身体。
- 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。

## **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.
- 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<sup>®</sup> 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.**

## 千万不要摇晃您的宝宝。

摇晃可能会损伤宝宝的大脑，甚至导致死亡。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。
- 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，诉说自己的感受，或者看看是否有人能够接替您一段时间。
- 如果您需要帮助，请打下面的电话：
  - ▶ 在俄亥俄州中部，请打 24 小时开通的父母联系专线（Parent Connection Line），电话号码是(614) 722-5437。这是俄亥俄州哥伦布市全国儿童医院的一项服务
  - ▶ Child Help USA<sup>®</sup> 全国反对虐待儿童热线电话，号码是 1-800-422-4453，全天 24 小时开通
  - ▶ 反对虐待儿童全国热线电话，号码是 1-800-252-2873

请记住—哭泣不会伤害宝宝—摇晃会。

## **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.**

## 什么时候应该给宝宝的医生打电话

大多数时候，在宝宝的“安慰需求”得到满足之前，宝宝是不会停止哭闹的。但是，如果出现下列情况，则应给宝宝的医生打电话：

- 宝宝呕吐或腹泻。
- 宝宝每天尿湿不到 6 次。
- 宝宝发烧，腋下试温超过华氏 100.4 度（摄氏 38 度）。
- 宝宝哭闹持续超过 3 小时。
- 从哭闹变为痛苦的哭叫。
- 出生满 3 个月后依然出现持续的哭闹。
- 用尽办法，还是无法让宝宝安静下来。
- 担心自己可能会伤着宝宝。切勿摇晃宝宝。

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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Coping with Your Baby's Crying. Simplified Chinese.