

# 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**.

## Calming Your Baby

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

# 處理寶寶的哭喊

所有的寶寶都哭喊，但有些寶寶哭喊得比其他寶寶多。有時您能知道寶寶哭喊是因為飢餓或不舒服。其他的時候，您可能不知道寶寶為什麼哭喊。寶寶透過哭鬧來表達自己的需要。哭喊在 2 個月時達到頂點，寶寶一天哭喊可達 3 個小時。

當寶寶開始哭喊時，請嘗試停止寶寶的哭喊。透過迅速對哭喊作出回應，您可能防止寶寶變得過於不安。這麼做不會「寵壞」寶寶。哭鬧的常見原因是寶寶小便或大便了、饑餓、脹氣、感到太熱或太冷、或者寶寶生病了。請試試以下提示。

- 經常檢查寶寶的尿布，發現寶寶小便或大便後，請予更換。寶寶每天至少應該尿濕尿布六次。
- 檢查寶寶的衣服或尿布是否合適。確定尿布沒有包得太緊，衣服對皮膚沒有刺激性。
- 看寶寶是否餓了。寶寶每隔 3 到 4 個小時需要進食一次，哭鬧可能是因為餓了。
- 餵食過程中和餵食後給寶寶拍嗝，防止脹氣。
- 檢查寶寶的嘴和喉部是否有白斑。白斑顯示有感染，要立即打電話給寶寶的醫生。
- 檢查寶寶是否太熱或太冷。按照需要增減毯子和衣服。

如果對寶寶的哭鬧或健康有疑問，請打電話給寶寶的醫生。

## 讓寶寶平靜下來

有許多方法可讓寶寶緩和平靜下來。請加以嘗試，找出最合適的方法。

- 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.

### **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.

- 給寶寶一個奶嘴。千萬不要用繩子或帶子將奶嘴掛在寶寶的脖子上。千萬不要用奶瓶的奶頭作為奶嘴。
- 用一條毛毯將寶寶包起來。
- 輕輕搖晃寶寶。抱緊寶寶，對寶寶唱歌或低聲以單調的節奏跟寶寶說話。
- 保持房間安靜，燈光低柔。
- 將您的寶寶放入一個柔軟的前背式背袋裡，靠近您的身體。帶您的寶寶散步或跳舞。
- 給寶寶洗個溫水澡，讓寶寶放鬆。
- 讓寶寶依偎在您胸前，保持皮膚接觸。
- 給寶寶做嬰兒按摩，輕輕搓揉寶寶的身體。
- 放和緩的音樂，開啟吸塵器或放幾分鐘的水。給寶寶一個「有聲響」的玩具。搖動玩具或使玩具發出嘎嘎聲。
- 把寶寶放入小鞦韆或用小推車或開車帶寶寶兜一圈。

有時什麼都不管用。只要您已經試過讓寶寶平靜下來，並確定寶寶乾乾淨淨、已餵食及沒有生病，哭喊就不是您的過錯。輕輕把寶寶放入嬰兒床，離開房間。每 15 分鐘檢查寶寶一次。如果您對寶寶有任何顧慮，請打電話給寶寶的醫生。

### **千萬不要搖晃寶寶。**

搖晃可能會損傷寶寶的大腦，甚至導致死亡。寶寶被搖晃的主要理由是哭鬧。如果您感到您正失去控制，將寶寶輕輕地放進嬰兒床裡，試試以下的方法：

- 以安全方式發洩您的憤怒。擦洗地板、洗碗或洗衣、抖晃小地毯，或只是坐下來好好哭一場。
- 冷靜下來。坐下或躺下，閉上眼睛，作一會兒深呼吸，想幾分鐘愉快的事情或數到 100，直到您平靜下來。
- 為自己做點事。聽音樂、做運動、淋浴或洗澡。
- 停下來想一想您為什麼覺得如此生氣。覺得受了挫折不要緊，只要不發洩到寶寶身上就好。

- 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® 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.**

- 打電話給朋友、親戚或鄰居談一談您的感受，或看看是否有人能接手一會兒。
- 如果您需要幫助，請打下面的電話：
  - ▶ 在俄亥俄州中部，請打 24 小時開通的父母聯繫專線（**Parent Connection Line**），電話號碼是 (614) 722-5437。這是俄亥俄州哥倫布市全國兒童醫院的一項服務
  - ▶ **Child Help USA**® 全國反對虐待兒童熱線電話，號碼是 1-800-422-4453，全天 24 小時開通
  - ▶ 反對虐待兒童全國熱線電話，號碼是 1-800-252-2873

請記住—哭鬧不會傷害寶寶—搖晃會。

## 什麼時候應該打電話給寶寶的醫生

大多數時候，在寶寶的「安慰需求」得到滿足之前，寶寶是不會停止哭鬧的。但是，如果出現下列情況，則應打電話給寶寶的醫生：

- 寶寶嘔吐或腹瀉。
- 寶寶每天尿濕尿布不到 6 次。
- 寶寶發燒，腋溫超過華氏 100.4 度（攝氏 38 度）。
- 寶寶哭鬧持續超過 3 小時。
- 從哭鬧變為痛苦的哭叫。
- 出生滿 3 個月後依然出現持續的哭鬧。
- 用盡辦法，還是無法讓寶寶安靜下來。
- 擔心自己可能會傷害寶寶。切勿搖晃寶寶。

**如果您對寶寶的哭喊有任何疑問或顧慮，請和寶寶的醫生或護士談論。**

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Coping with Your Baby's Crying. Traditional Chinese.