

Understanding why babies cry

Wondering why babies cry? If you're struggling to understand what your baby is trying to tell you, check this list for possible clues to help.

- See if baby is hungry or thirsty.
- Check if baby is tired—look out for telltale signs like fluttering eyelids or sucking of fingers.
- Check if their diaper needs changing.
- Feel if they're too hot or cold.
- See if they want a cuddle—sometimes they just need some love.
- Consider whether they have constipation, colic or reflux. If you think they do, read our checklist on how to help baby tummy problems.
- Check their little fingers and toes. On rare occasions, little hairs can cut off circulation and irritate baby.
- Try using motion to soothe baby. Swaying cuddles, the sling, the car, or the baby buggy.
- Try winding the baby with several different techniques. Babies' burp buttons aren't all pressed in the same way.

- Try baby massage to help troubled tummies. Read our checklist to find out how to give a baby massage

- It may sound strange, but try the sound of a hoover or hair dryer. There are lots of white noise apps too these days.

- Give them a warm bath to relax them.

- Try to trust your instinct. If their crying is causing concern speak to your healthcare provider.

Source URL: <https://www.nestlemomandme.pk/0-6-months/why-babies-cry>