

WHY BABIES CRY

Babies are born with a crying reflex, so like we talk naturally, a baby will cry. Crying does not mean anything is wrong and it's important to remember that the more stressed you get, the worse your baby's crying will be.

However, the most common mistake that parents make with a crying baby is to assume that a cry means an immediate need. This can result in the accidental parenting trap of picking up and over feeding, rocking or jiggling.

Different baby cries include-

- Crying with a cough like noise, passing the back of his hand over his mouth.
- Crying because they want to suckle, not necessarily hungry but needing the comfort of suckling.
- Long 'wah wah', rubbing eyes and yawning when your baby needs to sleep.
- Looking away from you ignoring you when they need to be put down to sleep before they become over stimulated.
- Red face, knees drawing up, constant crying in pain. This cry is often associated with colic. However, cranials believe that birth sometimes leaves the baby with occasional pressure in the head and body. This can be misinterpreted as colic due to the constant crying, so if unsure you should definitely have this checked out.