

Crying: Is My Baby Normal?

1 YES! Healthy babies can cry A LOT in their first 5 months

The Period of PURPLE Crying®



Crying 0-6 hours per day is NORMAL

2 If your baby keeps crying - try these!



(check if hungry, wet or tired) ✓



(talk & sing) ✓



(warm bath) ✓



(skin-to-skin contact) ✓



(go for a walk or car ride) ✓

Baby still crying?

4

✓ Put baby down safely

✓ Walk away, take a break

✓ NEVER shake or hurt a baby



✓ It's OK to ask for help!

3

It's OK to feel...



REMEMBER: Shaken Baby Syndrome can lead to permanent brain damage or death

You are not alone.



The Period of PURPLE Crying® materials



dontshake.ca -OR- purplecrying.info



HealthLink BC (8-1-1 to talk to a nurse)

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