

Understanding Your Newborn's Cry



Every Cry is Communication

Newborns rely on crying to express their needs—it's their way of saying, *I need you!* While it can feel overwhelming at times, know that this is completely natural. Parents are biologically wired to respond to their baby's cries, and every moment of soothing is an opportunity to build connection, trust, and security.

Why Do Babies Cry?

Crying is how newborns communicate before they have words. As you spend time with your baby, you'll begin to recognize their cues.



Hunger

Your baby may root, suck on their hands, or turn toward you when they need to eat.



Discomfort

A wet diaper, feeling too warm or too cold, or an uncomfortable position can all cause fussiness.



Overstimulation

Some babies cry when they need a change of scenery, a cuddle, or a quiet moment.



Fatigue

An overtired baby may have trouble settling down.



Illness or Pain

If your baby's cry sounds different or unusually high-pitched, or is paired with fever, rash, or vomiting, they may need medical attention.

Ways to Comfort Your Baby

Every baby is unique, and what soothes one may not work for another. Try different approaches and trust your instincts. You know your baby best!



Swaddle

Wrapping your baby snugly can recreate the warmth and security of the womb.



Skin-to-Skin Contact

Holding your baby against your chest can regulate their breathing, heartbeat, and emotions.



Gentle Rocking or Motion

Rocking, bouncing, or taking a walk in a carrier can be calming.



White Noise

Sounds like soft shushing, a fan, or a white noise machine can mimic the womb's familiar environment.



Change Positions

Experiment with different holds—upright, cradled, or side-lying—to see what feels best for your baby.



Offer a Pacifier or Nursing

Sucking is naturally soothing and can help your baby settle.



Fresh Air and Movement

A gentle walk outdoors can be a reset for both you and your baby!

When to Reach Out for Help

Crying is a normal part of infancy but **trust** your instincts if something doesn't feel right. Call your Ollie pediatrician if:



Prolonged Crying

Your baby's crying lasts for extended periods and doesn't improve with soothing.



Concerning Symptoms

They have a fever, rash, vomiting, or any other worrying signs.



Unusual Behavior

They seem overly sleepy, difficult to wake, or unusually irritable.

You Are Not Alone

Caring for a crying newborn can be challenging and exhausting, but you are not alone in this journey. Responding with warmth and patience helps your baby feel safe and secure. If you need any support managing your baby's cry or simply need reassurance that everything is okay – reach out to your Ollie team. Trust yourself, you are an amazing parent, and your baby is lucky to have you!

References: American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), HealthySteps, Zero to Three, Children's Hospital Colorado.