Infant crying is normal, and healthy babies can cry a lot in their first five months of life. Babies start to cry more frequently beginning at 2 weeks of age. Crying may continue to increase and reach its peak when most babies are 2 months old. Some babies cry for one to two hours a day and others can cry up to six hours a day.

**How can I soothe my baby?**
These comforting methods can sometimes soothe a crying baby:
- Hold your baby close to you with skin-to-skin contact.
- Walk and sing to your baby.
- Give your baby a warm bath.
- Take your baby outside for a walk.
- Check to see if your baby is hungry, tired or needs to be changed.

**Does soothing always work?**
No. Soothing doesn’t always stop your baby’s crying. If you feel frustrated:
- Put your baby down in a safe place and walk away. Take a few minutes to calm down and then go back to check on your baby.
- Reach out to a trusted family member or friend for support.
- No matter how frustrated you get, never shake your baby.

**Is it normal to feel frustrated?**
Feeling angry or upset is normal. However, what you do with your anger is important. Take a break from the crying and take care of yourself. Crying is frustrating because you may feel:
- Your baby cries more than you expected.
- This is harder than you thought.
- Like you are a bad parent or that you are doing something wrong.
- Tired and guilty that you can’t take care of your baby.
- Like a failure.

**Where can I find help?**
- Ask your doctor if you are worried there is something wrong that is causing your baby to cry.
- Talk with your nurse about the *Period of PURPLE Crying*® program. Review the booklet and app you received from the hospital.
- Go to PURPLECrying.info for more information about infant crying.

**Remember, never shake or hurt your baby.**
It's okay to feel frustrated. It's what you do when you're frustrated that makes a difference. Take a break. Never shake a baby. Your baby may cry...

- for several hours per day.
- more often in the afternoon and evening.
- more each day until your baby is 3-5 months old.
- and not stop no matter what you try.

If you are worried something is wrong with your baby, talk to your doctor.

Curves of Early Infant Crying
2 Weeks to 4 - 5 Months

- High Crier
- Average Crier
- Low Crier

REMEMBER TO STAY CALM

ABOUT PERIOD OF PURPLE CRYING®

The Period of PURPLE Crying® is a research-based education program developed by the National Center on Shaken Baby Syndrome. Program materials include a booklet with app or DVD (available in multiple languages), that includes a 10-minute video on crying and a 17-minute video on soothing to help you understand why your baby cries and how to comfort your baby.