

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/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) ✓

4

Baby still crying?

- ✓ Put baby down safely
- ✓ Walk away, take a break
- ✓ NEVER shake or hurt a baby

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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