

# WHY IS MY BABY CRYING?



One of the ways babies communicate is through crying, and it is very important. Although when crying is excessive it may be a sign that something is wrong.

## NORMAL BABY CRYING

Normally babies cry between 1 to 3 hours a day. Babies can cry because they are hungry, sleepy, uncomfortable, cold, hot, thirsty, in pain or lonely and it is totally normal. Sometimes babies can have a fussy period during the night.

If the crying is very frequent, long-lasting, and persistent, there may be medical problems that need to be addressed.

## WHAT COULD BE CAUSING MY BABY TO CRY?

Some of the causes of a baby's crying, may be:

- Boredom or loneliness
- Colic (crying for three or more hours per day, three or more days per week, for three or more weeks)
- Discomfort or irritation from a wet or dirty diaper, excessive gas, or feeling cold or hot.
- Hunger or thirst
- Disease/Illness
- Infection (possible cause if crying is accompanied by irritability, lethargy, loss of appetite, or fever).

- Medicines
- Normal muscle contractions and spasms that disturb sleep
- Pain
- Teething (tooth growth)

## WHEN SHOULD I CONSULT A DOCTOR?

You must go to your pediatrician or clinic if:

- A baby's crying persists without explanation and does not go away within a day, despite attempts to meet basic needs for feeding, hygiene, and entertainment.
- The baby has other symptoms, such as a fever, along with excessive crying

**Remember to consult your pediatrician if you have any doubts about your baby's care.**



For more information, please contact the preventive & Educational Community Services Unit at 787.277.6571



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