

Soothing a crying baby

Why is your baby crying: hungry, upset, tired?



Is your baby hungry? Offer the breast or a bottle. Or your baby might just want to suck. Offer newborns a [dummy](#), or help older babies find their own fingers.



Is your baby upset? Comfort your baby by holding them in the cradle position or a sling. Try gentle rocking, walking, talking or singing. Reduce [light and noise](#).



Is your baby tired? Tired babies might also yawn or jerk their legs. Put your baby to sleep in a safe place. [Wrapping](#) might help. You can wrap your baby until they show signs they can roll onto their tummy (around 3-4 months).

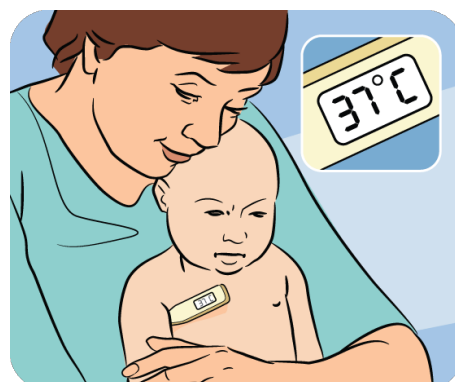
Why is your baby crying: nappy change, uncomfortable, sick?



Does your baby need a [nappy change](#)? If your baby has nappy rash, rinse their bottom with clean water, gently pat dry and use a nappy cream.

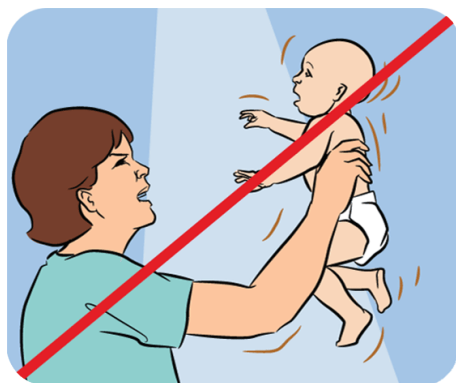


Is your baby uncomfortable? Hold your baby upright, and pat or stroke their back. Also check your baby isn't too hot or cold. Make sure your baby is dressed comfortably.



Is your baby sick? [Take your baby's temperature](#). Around 37°C is normal. Seek immediate medical attention if your baby is 0-3 months old and has a fever. If your baby is older, see a GP if they have a [fever](#) and other signs of illness.

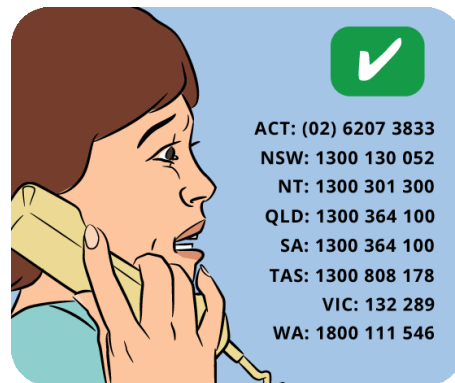
Keeping a crying baby safe



Never shake a baby. It can cause permanent brain damage, disability or death.



Are you frustrated or upset? Gently put your baby in a safe place and walk away until you feel calmer. Or ask someone else to hold your baby.



It's OK to ask for help. If it's hard to cope with your baby's crying, call your local [Parentline](#) or talk to your [GP](#) or [child and family health nurse](#).

ACT: (02) 6207 3833
NSW: 1300 130 052
NT: 1300 301 300
QLD: 1300 364 100
SA: 1300 364 100
TAS: 1300 808 178
VIC: 132 289
WA: 1800 111 546