

Since They Can't Talk, Babies Cry.

Babies cry for many reasons. Be a detective to figure out what your baby wants to tell you.

Here are some ideas:



Hungry babies will do **many things** to tell you they are hungry. **Sometimes they cry, but not always.** If babies are crying, but not doing **all of the other things** that mean they are hungry, you should probably **look for something else** to make the baby feel more comfortable.

- ◆ Bring their hands to their face
- ◆ Clench their hands
- ◆ Flex their arms & legs

- ◆ Root
- ◆ Make sucking motions & noises

When babies are hungry they:

- Bring their hands to their mouths
- Suck on things
- Make tight fists over their tummies
- Are awake and alert

Babies cry for **many reasons** other than hunger. They may just want something to be different. Examples include:

- ◆ Too hot or cold
- ◆ Lonely or tired
- ◆ Upset by too much noise, too many people, or too bright of lights
- ◆ Uncomfortable with a wet or dirty diaper, clothes too tight, too much time in the car seat, just needs a break from activity, etc.

Crying won't always mean your baby is hungry. Babies are hard to understand at first, but it gets easier!



The average 6-week -old baby cries for about 2 hours per day.

Babies cry less & less as they get older.

For more Baby Behavior Info,
Contact WIC with SPIPA 360.462.3224

