

THEY WILL CRY

Babies cry for many reasons and crying is how they communicate. It's attachment at work. It's the way they get your attention and express their needs. At first, it may be hard to interpret their different cries, but as you spend more time listening, you'll become better at recognizing and meeting their specific needs.

COMMON REASONS

Sleepiness or fatigue

Wet diaper

Hunger

Overstimulation from noise or activity

Colic, acid reflux, or food allergies

Pain or illness

Gas

Stranger anxiety or fear

Crying is their body's way of releasing stress. So knowing that...what could be causing stress in their body?

The best method for soothing an anxious baby is massage. Emotional stress is always stored in the body in the form of muscle tension. Emotional memory is body memory.

Regular massage can unwind from the baby's body not only the tension that builds up, but also anything stored from birth. It helps overall mood, circulation, digestion and immunity.

Somatic treatments, chiropractic, cranial therapy focused around the head and neck release greatly alleviates babies' emotional states.

WHEN THEY KEEP CRYING

Keep holding them.

Crying can be communication and it can also just be a release. It's how their bodies release energy, tension and emotion. It's their natural means for stress release. It is their way of restoring their nervous system.

Do your best to support them with co-regulation. Which means your body needs to stay regulated, not getting aggravated or impatient. Know if you can be regulated the crying will not last. If you get dysregulated while trying to soothe them you'll only make it last longer because you're adding to their dysregulation.

They may be crying out stress that they've held in all day or stress they picked up from others, even stress left over from birth or earlier.

How do you soothe a crying baby?

Ask how can I stay calm, centered and regulated?

As long as you stay regulated, your co-regulation will do the job naturally and soothe their system.

It all happens naturally. You just have to stay out of your own way and let your body remain calm and connected.

Try soothing methods.

Holding, cradling or touch.

Movement. Swaying, rocking.

Hum, sing or talk softly.

Make sure their needs are met first. That hunger, thirst, tiredness, cold, pain or illness, or discomfort is taken care of. Soothing their nervous system isn't what is required here.

The more sensitively and immediately you respond, the easier to calm them it will be. And the better they will be able to as they grow older. They learn to soothe through the way you soothe them. 2 for 1. Short term solution and long term investment.

When they're crying they need your connection. These are the moments you're creating their core self worth. They'll carry this sense of their own deep worth inside for the rest of their life. This will always be their truth.

Am I trying to meet their need and help them?

Or am I trying to stop the noise or behavior?

These are two very different motivations and are clearly felt by your baby.

Answer their need and your need will soon be met too.

COPING WITH CRYING, COLIC, UNRESPONSIVE

It's hard when they don't stop crying. It'll take time to get in sync with them and even though you feel it should be easier or you're having feelings you didn't expect, give yourself lots of love and grace.

You'll always be able to better figure out what's going on with them when you're regulated. So even some stress is going to add a block to this process and your ability to co-regulate or soothe them.

Know and honor your limits. Pay attention to your internal cues when you're feeling overwhelmed and do what you need to support yourself.

Reach out for support. If you can, have help during the fussiest times of the day. Say yes when people offer to help in any way. Find a group of moms to talk to and get out of the house when you can. Knowing you have some help on the way can make a big difference.

You don't have to be perfect. It would be impossible to be fully present and attentive to any baby, especially a crying baby, 24 hours a day. Don't worry about getting it exactly right all of the time. Instead, try to rest and enjoy the times when your baby isn't crying.