

Crying Is Normal and Babies Need a Safe Response

All babies cry. Crying is one of the ways babies communicate.

Sometimes caregivers can identify what a baby needs and help them settle. At other times, a baby may continue crying even after being fed, changed, held and comforted.

Simple but important messages are:

A baby should never be shaken.

Babies cry to tell us something.
They need adults to respond gently and safely.

Circle the pictures that show safe and helpful responses to a crying baby.



Answer the questions.

1. Why do babies cry?

2. Why can caring for a crying baby sometimes be difficult?

3. What can an adult do if they begin to feel frustrated or overwhelmed?

4. Who can they ask for help?



It's okay to ask for help. You are not alone!

