
CRYING BABIES

Hearing a baby crying evokes different reactions in adults. For the person who has a headache, or who wants some peace and quiet, it can be an irritation. For others, it can bring out feelings of wanting to comfort the baby. A parent's reaction can depend on what else is going on, how tired they are, or how they are feeling themselves.

There are many reasons why babies cry, and it does take time to get to know why the baby is crying. Whatever the reason, the child needs to be attended to. You can't spoil a newborn baby. Going quickly to him/her will help them to feel secure. Ignoring a baby crying can make the baby feel that they have been abandoned, and that there is no one there to care for them or about them.

Remember that a tiny baby's only way of communicating is by crying. They do not do it to annoy their Mummy and Daddy. Babies are oblivious to their parents' situation. They are only concerned with their own world - which revolves around the most basic of needs.

Some babies cry a lot. If this is the case, try to get a break so that you can stay patient and calm.

Q:

My baby seems very sensitive and she cries quite a bit. We live in a small flat, and I'm always worried that the neighbours will complain about the noise. What should I do?

A:

However annoying it is for the neighbours, your priority is the baby. Babies and children are part of our society. Sometimes that is too easily forgotten.

It can be very tiring looking after any young baby, but all the more so if your baby cries frequently. It is well worth having a chat with your Health Visitor about the possible causes. Some babies need a lot of comfort, and can feel more relaxed and settled by being carried in a sling. You may wish to try some massage or quiet music. Gentle bath times can also be calming.

It may take time for this period of restlessness to pass. In the meantime, take-up any offers of help to ease the strain.

