

Babies cry.  
Have a plan.



# Infant crying key

(For use with the Crying Game Activity.)

During the activity you will ask participants to compile a “Possibilities/Solutions” list of the possible reasons a baby might cry and the corresponding solutions.

Use the following table as a reference to help you facilitate the activity.

Possibilities	Solutions
Painful tummy because of gas	<ul style="list-style-type: none"> <li>• Feed slowly and burp frequently.</li> </ul>
Too hot or too cold	<ul style="list-style-type: none"> <li>• Feel skin, adjust clothing.</li> </ul>
Wet or dirty diaper	<ul style="list-style-type: none"> <li>• Change diaper, treat diaper rash.</li> </ul>
Teething	<ul style="list-style-type: none"> <li>• Offer teething ring or wet cloth.</li> </ul>
Hungry or thirsty	<ul style="list-style-type: none"> <li>• Try feeding or offering a drink.</li> </ul>
Bored	<ul style="list-style-type: none"> <li>• Talk, sing, walk, play music, give toys, show books, make eye contact</li> <li>• Try watching cartoons on TV – the bright colors and quick action are sometimes entertaining.</li> </ul>
Anxious	<ul style="list-style-type: none"> <li>• Provide quiet or soothing noises such as humming or singing a lullaby, or the sound of the vacuum cleaner sometimes calms a baby.</li> <li>• Wrap securely, hold still, or rock.</li> <li>• Bathe.</li> <li>• Provide a pacifier.</li> <li>• Decrease stimulation – do not pass from person to person, reduce rocking and patting, turn down or turn off lights, have room cool and quiet</li> <li>• Nurse the baby if you are breastfeeding.</li> </ul>
Uncomfortable in some way, for example, tired	<ul style="list-style-type: none"> <li>• Snuggle baby close to your chest; your heartbeat may comfort the baby.</li> <li>• Offer a favorite blanket or soft toy while cuddling your baby.</li> <li>• Offer a soother or teething ring.</li> <li>• Give baby a gentle back rub.</li> <li>• Provide gentle motion by walking or rocking your baby; use a baby swing or take your baby for a walk in a stroller.</li> <li>• Nurse your baby if you are breastfeeding.</li> </ul>
Unwell	<ul style="list-style-type: none"> <li>• Take baby to the doctor.</li> <li>• Call your nurse helpline for health advice.</li> </ul>

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