

# TIPS ON SOOTHING A CRYING BABY

## Crying Bouts

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- The number one reason parents or caregivers shake babies, causing death or severe disability, is inconsolable crying.
- Dr. Ron Barr coined the acronym “PURPLE CRYING” to remind parents/caregivers that all babies at some time have inconsolable crying bouts.

**P:** Peaks around two months

**U:** Unpredictable, often happening for no apparent reason

**R:** Resistant to soothing

**P:** Pain-like expression on baby's face

**L:** Long bouts, lasting 30 to 40 minutes or more

**E:** Evening crying is common

## Meet the Infant's Basic Needs First

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- Feed the baby
- Burp the baby
- Change the diaper
- Make sure clothing isn't too tight
- Make sure baby isn't too hot or too cold



## **If All Else Fails ..... and You Suspect the Baby Is Ill, Has a Fever, Swollen Gums, etc, CALL A DOCTOR**

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- Increasing the amount of carrying, comforting, walking or talking can reduce crying by 50%. **If you feel you cannot take the crying, put the baby down in a safe place, take a break from the crying, and NEVER SHAKE A BABY!**
- Be patient, take a deep breathe and count to 10
- Call a friend or relative whom you can trust to take over for a while, then get away, get some rest, and take care of yourself

## **Ways to Soothe a Crying Baby**

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- Take the baby for a walk outside in a stroller or for a ride in the car seat
- Lower any surrounding noise and lights
- Offer the baby a noisy toy; shake or rattle it
- Hold the baby and breathe slowly and calmly; the baby may feel your calmness and become quiet
- Sing or talk to the baby in soothing tones, sit and rock
- Record a sound, like a vacuum cleaner, or hair dryer

## **Resources**

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Military ONE SOURCE call 1-800-342-9647 Available 24/7

Contact your local Army Community Service or visit  
[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

National Center for Shaken Baby Syndrome: [www.dontshake.com](http://www.dontshake.com)