



# THEWELLCHILD

WORKSHOP GUIDE



National  
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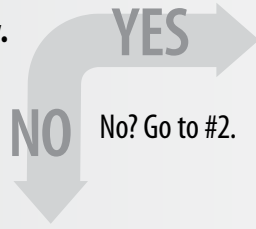
**DOCTOR DAD®**  
WORKSHOPS



# Crying Baby Flowchart

## IF BABY CRIES:

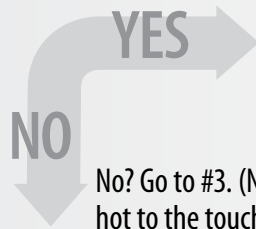
1. Baby is hungry.



Try to feed baby.



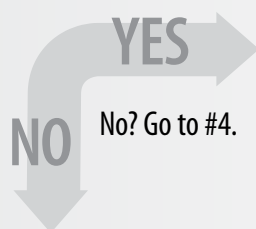
2. Baby is cold.



Wrap baby up, burrito style. (See page 25)



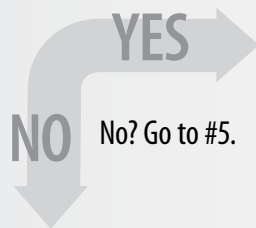
3. Baby is sleepy.



Rock baby for a few minutes.



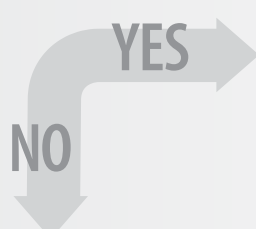
4. Baby has gas.



A common cause of mysterious, frenzied crying. Give simethicone drops (gas drops) if your child's doctor says to do so. Wait 15 minutes or so.



5. Baby is bored from staring up at the ceiling too long.



Entertain your baby—make funny faces, make funny noises, sing, dance with her, maybe take her outside. Try out your best comedy routine for about 5 minutes.



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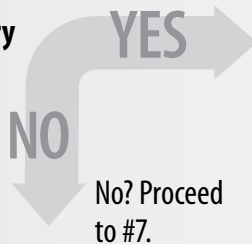


### NOTE!

Crying is one of the ways you can get to know the temperament of your child.

—continued

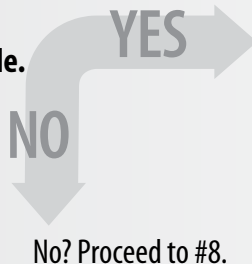
- 6. Baby is hungry but didn't realize it the first time.**



Baby can have pain from hunger. The pain can distract your baby the first time you offer food. Try feeding again.



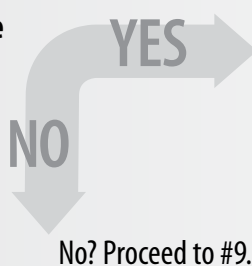
- 7. Baby is uncomfortable.**



Check baby for the following; ill fitting clothes, too tight or bunched up, wet diaper, rough velcro or the sticky tabs that may rub or stick to your baby's skin. Check for bug bites. Look around for things that might bother your baby.



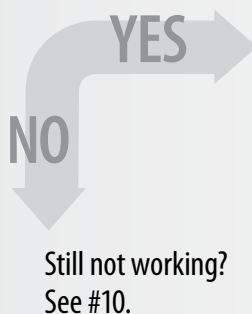
- 8. Baby could be teething.**



Children can start teething as early as 2–3 months and teething hurts. Check mouth and apply gum gel, if your child's doctor says to do so.



- 9. Baby is throwing a tantrum and might be crying just because she's crying.**

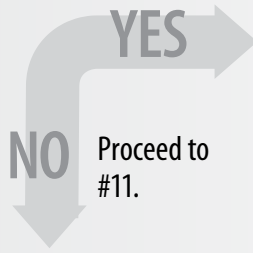


Try using a pacifier. Try going "shhhhh" in baby's ear while holding him close to your body. If you're near a lot of noise, take your baby somewhere quiet. On the other hand, some babies are calmed by the sound of a vacuum cleaner or a hair dryer. Rock or sing to your baby. Do something soothing for 10 minutes and see if your baby calms down.





### 10. Check yourself.



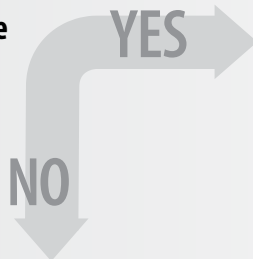
Proceed to #11.

Baby has been crying for some time now and you might be feeling frustrated, especially if you're exhausted. Are you feeling angry and stressed? This won't help. If possible, allow another adult to step in so you can take a breather. If that is not possible, put your baby someplace safe, leave the room, and close the door for a moment and get hold of yourself.



If you've gone through this checklist and it didn't work, make sure your baby doesn't need medical help. If your baby doesn't need medical help, and you have reached the end of your rope, there's nothing wrong with letting your baby cry it out in a safe place while you take a break for 15–30 minutes.

### 11. Baby could be sick.

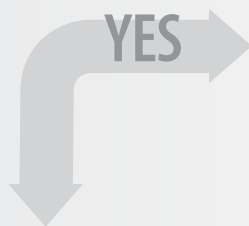


If this is not the problem, see #12.

Take your baby's temp. Is it over 100.4 degrees Fahrenheit (38 degrees Celsius)? Then this is the problem. If your baby is under 3 months of age and it's over 100.4 F, it is best to check with your child's doctor.



### 12. If your baby has no fever, he or she might be in a lot of pain.



Use your best judgment. If you suspect that your baby is in a lot of pain, call the doctor. The doctor might tell you to give to your baby some pain reliever (like Tylenol®) so you will need to know how much your baby weighs.



Still crying? This is your call. If your baby doesn't need medical help, it's okay to put your baby in a safe place and let him or her cry it out. Or you can begin the flow-chart again, or call your child's doctor.

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