

Crying – understanding why

Crying is natural - it's your baby's way of letting you know they need something or are uncomfortable. They may need their nappy changed, they may be hungry or just need a cuddle.

It's important to remember to burp your baby after a feed as this will help to get rid of their wind and make them more comfortable.

If your baby cries suddenly and often, but they otherwise appear to be happy and healthy, they may have 'colic'. Colic is common and although uncomfortable, it is not serious and usually affects babies only in the first few months of their lives.

The most common symptom of colic is continuous crying, usually in the late afternoon or evening. Other signs include babies being flushed, drawing their legs to their chest, clenching their fists, passing wind and having trouble sleeping.

It can be upsetting when a baby cries. It is very important to stay calm and don't be afraid to ask for help.

Download [A Guide for Parents and Carers of children from 0-5 years – Common childhood illnesses](#) for more useful information.

Stop

My baby won't stop crying.

Think

Check for signs of colic.

Do

Talk to your health visitor if worried.

Health visitor's advice

To find out why your baby is crying, first go through all the possible options.

Simple questions to ask yourself first are:

- Does their nappy need changing?
- Could they be hungry?
- Could they be too hot?
- Could they be too cold?

NHS 111 says

If your baby's crying seems different in any way (such as a whimper or a very high-pitched cry), then seek medical advice. Crying can sometimes be a sign that your baby is unwell. Trust your instincts – you know your baby best. If in doubt, call NHS 111 where you can speak to a trained nurse.

