

Crying

**All babies cry, some more than others.
It's their way of telling you what they need.**

It can be really hard to cope with your baby crying, especially when you're tired too. At times they'll cry more than usual and be harder to calm. This could be because they're teething or having a growth spurt.

Try to remember that this stage won't last forever – things will settle down. Try:

- checking their needs. Are they hungry? Tired? Too hot or cold? Or just too much going on?
- taking them somewhere quiet
- holding, rocking, and talking or singing softly
- giving them a warm bath
- moving – a ride in a buggy, a sling or front pack.

If you're losing it, put the baby somewhere safe where you can still hear them and walk away. Breathe slowly until you feel calmer.

Whānau say

"If you start stressing out and no one can take over, it can help to phone a friend."



Sleeping

Sleeping like a baby? It's a misleading term – sometimes you may feel that your baby never sleeps.



To help them settle and sleep longer:

- Watch for 'sleepy' signs – yawning, jerky movements, or clenched fists. If babies get overtired they can be harder to settle and they wake more often
- Try and put baby to bed when they are relaxed and sleepy, but not quite asleep
- Soothe them with gentle stroking, singing, or rocking. Soft music might also help.

Learning a waiata at [takai.nz/waiata](https://www.takai.nz/waiata) is always good to help with pēpi and your own sleeping.

Whānau say

"What works to settle one baby might not for another. Try different things until you find what works for your baby."