Why Does My Baby Cry?

All babies cry, some more then others.
But when it's *your* baby who's crying, it can be frustrating and upsetting.
Many mothers worry about if they are making enough milk to fill him or if you milk is not good enough. But most of the time, your baby's crying has nothing to do with either of those things.

Crying is one way your baby communicates with you, at first it can be hard to figure out what he is trying to say

In the first few days:

Your baby is becoming familiar with life out in the world! When he fusses or cries, offering the breast can easily comfort him. Your baby is soothed by sucking, being held skin-to-skin and by hearing your familiar voice. At first he's not likely to follow a firm pattern or schedule. Some babies feed 8 or 9 times a day, where others will feed more than 12 times. That's normal.

Crying and Breastfeeding problems:

It can be frustrating when you try to feed, but all your baby does is cries and can't find the nipple or suck probably. It might help to cradle your baby against your bare skin for a few minutes, until he calms down. Then try again. Try a laid-back position so he can feel your skin and start to move to the breast on his own. Remember, this is something new for the, it may take more then a few minutes to latch onto the breast. Be patient.

After Day Three or Four:

During this stage the amount of milk in your breasts will increase significantly. Your baby lost weight during the first few days, but now he will start gaining. Between 5-8 ounces or 140-250 grams each week. He should also have at least 6 heavy wet diapers and 3 or 4 poopy diapers every 24 hours. If you baby is not gaining weight talk to your doctor or midwife.

In the First Two Months:

Around 3 weeks and 6 weeks many babies have "growth spurts" You'll notice your usually happy baby will start to cry a lot and want to nurse much more often. This is normal. After 2 or 3 days he will go back to his previous pattern of breastfeeding.

Some Things to Try:

*Offer the Breast even if you baby nursed. He may just need a little dessert!
*Hold him close to you skin-to-skin. That contact often helps the baby stop crying
*Take a walk with him. Babies love to move and the rhythm of walking.
*Take a bath together. Snuggling in warm water might be the relation they need.
*Talk or sing to them. Your baby has been listening to your voice for months and they love the sound of it.