

Coping with Your Baby's Crying

All babies cry, but some babies cry more than others. Sometimes you can tell that your baby is crying because your baby is hungry or uncomfortable. At other times, you may not know why your baby is crying. Your baby is just trying to communicate. Crying peaks at 2 months and a baby can cry up to 2 hours a day.

When your baby starts crying, try to stop the crying. By responding to the crying quickly, you may prevent your baby from becoming too upset. Common causes of crying are wet or soiled diaper, hunger, gas or baby is too warm or too cold. Try these tips. To prevent gas, burp your baby during and after feedings. Check your baby's diaper often and change it when wet or soiled. Make sure the diaper is not too tight. Check your baby for sweating or coolness. Add or remove blankets and clothing as needed. If you are ever in doubt about your baby's crying or health, call your baby's doctor.

Calming Your Baby

There are many ways to soothe and calm your baby. Try these and find what works best for your baby.

- Offer a pacifier. Never put the pacifier on a string or cord around the baby's neck. Never use a bottle nipple for a pacifier.
- Wrap your baby snugly in a blanket.
- Rock your baby gently. Hold your baby close and sing or talk in a quiet, singsong way.

Wawin am bukot Kilin ilo an Jan Ninnin eo nejom

Aolep Ninnin rej jan, ak jet Ninnin rej jan elap lok jen ro jet. Ilo jet Iien ko kwoj jele ke Ninnin eo ej jan kin an Kwole, ak ejab jokane an ber. Ilo bar jet Iien ko, komaron bollen jab jele ta Unin an jan. Ninnin eo nejom ej bukot wot juon Wawin an konono ibom. Ilo an Ninnin en jan, ej tobar ijo elaptata an jan ilo 2 an Alin im juon Ninnin ej maron jan lok im tobar 2 Awa in an jan ilo juon ran.

Elane ej jino jan Ninnin eo nejom, inem bukot Kilin bwe en bojrak an jan. Ilo an moko am bukot Kilin an bojrak an jan, kwoj maron bobrai an naj lukun inebata. Jet Unin an jan; ej tutu ak etoon Kal eo an, elap an Kwole, ewor Koto ilo Lojen ak elap an mulo ak bwil Ninnin eo. Kajion mok kajerbal Kabiliklik kein. Bwe kwon boprai Koto, jiban an wulik Ninnin eo ilo Iien en kwoj najdriki im elikin am najdriki. Lale Kal eo an Ninnin en aolep Iien im ukote Kal eo elane ej tutu ak etoon. Kalikar ke Kal eo ejab elap an kankan. Lale Ninnin eo bwe kwon jele elane ej elap an menokaru ak mulo. Koba lok ak ebok jen Bolankej ko im Nuknuk ko An bwe en emon. Ilo jabrewot Iien kwoj jab melele ak ewor am Ueta ekijien an jan ak an Ejmour Ninnin eo nejom, inem kir lok Takto eo an Ninnin eo nejom.

Kainemon lok Ninnin eo nejom

Elon jet Wawin ko kwoj maron kajerbal ilo am kainemon im komanmon lok Ninnin eo nejom. Kajion mok Wawin kein im lale ewot en ekkar im emon tata ekijien Ninnin eo nejom.

- Kwalok juon Kein Kainemon Ninnin eo (pacifier) nan E. Jokron Ta, Jab likot Kein Kainemon eo (pacifier) ion juon To ak katotoik lok Kein Kainemon Ninnin eo (pacifier) ion Konwan Ninnin en. Jokron Ta, Jab kajerbal Baran Ninnin eo an Bato en ekijien Kein Kainemon Ninnin eo (pacifier).
- Kwon Tiljek am kutimtimi (wrap snuggly) Ninnin eo nejom ilo juon kooj.
- Jidik kake am kommanmon Ninnin en kin mokitkit ko rej drik. Kwon jibwetok Ninnin en im al non e ak konono ilo Anikien ko rej mera im ainwot Al.

- Keep the room quiet and the lights low.
- Put your baby in a soft front carrier, close to your body. Walk or dance with your baby.
- Give your baby a warm relaxing bath.
- Lay your baby next to your skin and gently rub your baby.
- Play soothing music, run the vacuum cleaner, or let the water run a few minutes. Offer your baby a “noisy” toy. Shake or rattle it.
- Put your baby in a baby swing or take your baby for a ride in the stroller or car.

Sometimes nothing works. It is not your fault as long as you have tried to calm your baby and made sure your baby is clean, fed and not sick. Gently put your baby in his/her crib and leave the room. Check on your baby every 15 minutes. If you are concerned about your baby, call your baby’s doctor.

Never shake your baby.

The main reason that babies are shaken is because of crying. If you feel you are losing control, gently place your baby in a crib and try one of the following ideas.

- Let your anger out in a safe way. Scrub a floor, do dishes or laundry, shake a rug, or just sit down and have a good cry.
- Calm down. Sit or lie down, close your eyes, take some deep breaths, think of something pleasant for several minutes or count to 100 until you are calm.

- Kejbarok ke Jikin kiki an Ninnin eo bwe enjab elap Keroro ie im en jab elap an meram.
- Likit Ninnin eo ilo juon Kein Jibwe Ninnin en itumaanom (soft front carrier), im kebak lok Ninnin eo non Enbwinom. Etatal ak eb iben Ninnin eo nejom.
- Kommon juon Iien an Ninnin eo tutu ilo dren en ej manan jitik bwe en emon an kakije.
- Kababuki Ninnin eo iturin lok Kil eo am im bitbiti Enbwinin.
- Kajanjan Al drot ne ej kainemon lok, kajerbal Kein Kadreo Kapet eo (vacuum cleaner), ak kotlok an tor dren en iomen jet Minot ko. Kwalok juon Kein Kukure en elap Ainikien. Kakukureik lok ak kamokit lok Kein Kukure en.
- Likot Ninnin eo ilo juon Lijjidwalok eo an Adjri (baby swing) ak boklok Ninnin en non Waan Bwilbwil Ninnin (stroller) eo an bwe en emokitkit ak Jambo kake ilo juon Wa (car).

Ilo jet Iien ejelok jabrewot men ej Jerbal. Ejab am Bwod elane ej dredrelok am kajion kainemon lok Ninnin eo nejom im kalikar lok ke ej edreo, ej dredre lok an Ninnin eo mone im kwoj jele ke ejab Naninmij. Jidik kake im dror lok Ninnin en ilo Jikin Kiki en an im ilok jen e. Kejbarok ke kwoj bar lale lok Ninnin eo ilo aolep bar 15 Minot. Elane ewor am Ueta ekijien Ninnin eo nejom, inem kir lok Takto eo an Ninnin eo nejom.

Ilo jabrewot Iien Kwon jab kalaplok am Kakajkaj (shake) Ninnin eo nejom.

Un eo elaptata ad kakajkaj Ninnin ko ej kin an walok Iien ko rej jan. Elane kwoj enjake ke kwoj maron lukun Bwibwi kin Ninnin eo, Kwon karalok am mokitkit im dror lok Ninnin eo ilo Jikin Kiki eo an inem komaron boj kajion juon ian Lomnok kein ilol.

- Kotlok am Ilu ilo juon Wawin eo enaj Kejbarok Ainimon. Kareoik loan Imwieo, kwalkwol Kono ak Nuknuk, bikirlok Raak (rug) eo, ak ko maron boj jijet im komaat am konan jan.
- Kwon kabwok Wawin am tobar lok Ainimon. Jijet ak babu, kkiil lok Mejam, kommon jet alin am menono lok, inem lomnake lok jet Wawin ko elap aer emon iomin jet Minot ak bonbon nan 100 mai Iien eo kwoj tobar lok Ainimon.

- Do something for yourself. Listen to music, exercise, take a shower or bath.
- Stop and think about why you feel so angry. It is okay to feel frustrated, as long as you do not take it out on your baby.
- Call a friend, relative or neighbor to talk about your frustration or see if someone can take over for a while.
- Contact the 24-hour Parent Connection Line at 614-224-2273, a service of Children's Hospital, to talk to someone who can help you through this time. Remember—crying does not hurt a baby—shaking does.

Talk to your baby's doctor or nurse if you have any questions or concerns about your baby's crying.

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- Komani jet men ko rej emon non Euk meke. Ronjake Al, kemourour Enbwinom (exercise), tutu ak jojo ilo dren bwil.
- Bojrak im lomnak ekijien ta Unin an elap am Ilu ak Enebata. Ejelok Joren ne jej enjake ad Enebata, elane Kwoj Jab boklok Enebata eo am im kommon joren nan Ninnin eo nejom.
- Kir lok juon Armij Jeram ak Mottam, juon Armij nugom ak juon Armij ej jokwe iturom bwe kwon maron bwebwenato ekijien am Enebata ak kabwok juon Armij ej maron jiban Euk im jermal ekijiem iben Ninnin eo iomin jitik Iien.
- Kir lok 24 Awa Lain eo nan jiban Jinon im Jemon (24-hour Parent Connection Line ilo 614-224-2273), ej juon Jermal an Jikin Eymour en an Adjri Ro (Children's Hospital), nan konono iben juon Armij eo ej maron jiban Euk ilo am tobrak Ainemon ilo Iien in. Kememij ke - jan ejab kokure Ninnin eo - Elap am Kakajkaj enbwinon Ninnin eo enaj kommon an Joren.

Kwon konono iben Takto eo ak Noj ro an Ninnin eo nejom elane ej wor am Kajitok, Ueta, ak Enebata ekijien an Jan Ninnin eo nejom.

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