



WHY AND WHAT TO DO WHEN A BABY CRIES WHEN PUT DOWN TO SLEEP

REASONS FOR BABY CRYING

The environment of the room

Babies may cry when you put them down to sleep in a room that is too hot or cold. Dress your baby as per the weather and set appropriate room temperature.



The baby is not feeling well

Unwell babies often need comfort and closeness from a parent to sleep. In such cases, you may place the baby's crib close to your bed.



The baby is overstimulated

Babies may have difficulty sleeping when put down if they are hyper-stimulated. Trying ways to soothe them can help.



TIPS

Speak softly and lovingly when putting your baby to sleep

Try swaddling, cuddling, soft singing, or calming music

Retain your touch for some moments after shifting the baby to a bed/crib

Do not show frustration or agitation if the baby wakes up



REFERENCES

- 1 Frequent Night Awakenings: Why Is My Baby Crying During Sleep?; Children's Hospital Colorado
- 2 How to Calm a Fussy Baby: Tips for Parents & Caregivers; American Academy of Pediatrics