

# Tips To Manage A **Baby Crying** Without A Known Reason



Try taking the baby for a walk, rocking, or soothing them



Offer them a pacifier or distract them with their favorite toys

Play some music, or try humming or singing to them



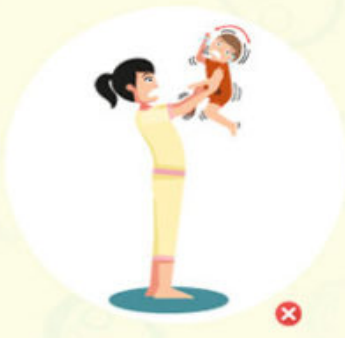
Try gentle massages or a warm bath

Request a trusted family member to take care of the baby for sometime



Be calm and do not resort to agitated reactions

Do not shake your baby vigorously



Do not always blame yourself for your baby's cries or unfavorable behaviors

## References:

- 1 Responding To Your Baby's Cries; American Academy of Pediatrics
- 2 Crying baby; Pregnancy, Birth & Baby