Newborn Milestones - What to Expect in the First Few Weeks
Article

How to deal with a crying baby

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Breastfeeding is crucial for a baby’s proper development and growth, but it goes beyond providing milk to a newborn.

We’ve all been there. You haven’t had a proper nights sleep in weeks or months, and your baby is crying again. It breaks your heart to hear the sobbing, but you’re tired and you wonder if you’ll ever stop being woken up by cries. So, what is a sleepless mother to do? And how can you make sure you’re not raising a spoiled child by always running to ease the crying?

Well, it’s best not to let your baby cry it out. Remember, crying is the way your baby communicates. It’s not a manipulative tool. Research has found that responding to a baby’s cry does NOT make him or her clingy or dependent. A study actually showed that infants of mothers that are responsive tend to cry less frequently.

But, of course, that doesn’t mean you need to run instantly to your baby every time you hear a whimper. As your baby grows, you can extend your response time. When they get to be 6 months old, you can start using reassuring body language and talk to them, before picking them up. With time, your baby will learn ways to self-sooth, and you’ll be able to sleep a (tiny) bit more.