

Healthy Living

Crying Babies



Hearing the ongoing cry of a baby can be both stressful and upsetting – for a reason.

It is the baby's survival mechanism, designed to alert us as adults that they are in need of our aid and is not to be ignored.

Task

Think about the current practice in your setting with regard to comforting crying babies.

- Is it normal practice to cuddle crying babies?
- Are babies allowed to bring a comforter from home to soothe them if they are upset? If so, are there restrictions?
- What communication is there with parents to enable you to best comfort babies that become distressed?

When one or more babies are crying, it can be very difficult to maintain a positive and calm attitude. Identify ways in which you could support one another in coping with distressed children. What more could you do?