

What To Do When Kids Cry

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It doesn't matter if they are at day care or at home crying is a physiological process in the life of a baby. Babies communicate with other humans via this annoying yet necessary technique. Since they can't express their feelings in words crying is the only way for communication.
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Like it or not, at home or at day care, crying is a physiological process, a certainty for new born babes. Babies communicate with other humans via this annoying yet necessary technique. Unless your baby has miraculously mastered the art of speech her method of communication is probably going to be a spot of wailing. Discomfort of any sort is guaranteed to bring on a bout of the tears. Generally, the causes for crying are fairly common i.e. dirty bottom, hungry tummy, too warm or chilly, restrictive clothing, unwell etc.

{bot_wrgoogle}There are children who demand constant attention and, if not forthcoming, they cry. Habitual crying for absolutely no reason is also common. Crying, whether with or without cause is extremely distressing for parents or carers. Since the underlying reasons for sustained crying could be serious all efforts should be made to discover the cause.

Here are some basic considerations when faced with a distressed child.

- 1, Never vigorously shake a baby.
- 2, Tight, restrictive clothing can irritate delicate skin and should be loosened.
- 3, Check room temperature and if too warm open the window or turn on the fan.
- 4, Check to see if the diaper is soiled and change.
- 5, Make soothing noises as you gently stroke her head or back.
- 6, The baby may be hungry to offer the breast or bottle.
- 7, Swaddle with extra covers if the room is cold.
- 8, Pace the bedroom slowly whilst gently rocking the child.
- 9, Use a musical toy to soothe.
- 10, A pacifier can be a great comfort.
- 11, Move the baby into a different position.
- 12, A breath of fresh air might do you both good so head outside.
- 13, Rock the cradle.
- 14, Perhaps try changing to a different set of arms i.e. ask dad to carry her.

If all the above fail perform the following checks (I explain the reason for each step);

- 1, Gently press on the child's tummy - if she writhes or resists you then she may have colic.
- 2, Gently tug on her ear - if she cries more and tries to push you away she may have an earache.
- 3, Check her temperature - if she has a fever she could have an infection.
- 4, Check her entire body for diaper rash, eruptive diseases, vesicles, allergies, measles etc.
- 5, Discharge from the nose - coryza.
- 6, Check for neck stiffness - meningitis, head trauma etc.
- 7, Listen to her chest for any labored breathing or rattling - An increase in mucus could indicate many illnesses e.g. bronchiolitis, asthmatic bronchitis, pneumonia etc.
- 8, Check the anal region - cracked skin, worms, rectal polyp.
- 9, Check the genitalia - Any wounds or discharge.
- 10, Check the testicles - torsion of testes or orchitis.
- 11, Generally observe the body and it's movements for signs of vomiting, convulsions, labored breathing, rigors or cough.

Any of the above symptoms should be checked out by a doctor.

ChildCareOnly.com is the brainchild of Fiona Lohrenz who has 10 years experience running a day care. Fiona has also produced a 'Start a Day Care Business' DVD: www.startchildcare.com. Fiona can be found at her website: <http://www.childcareonly.com>