









THE PERIOD OF PURPLE CRYING

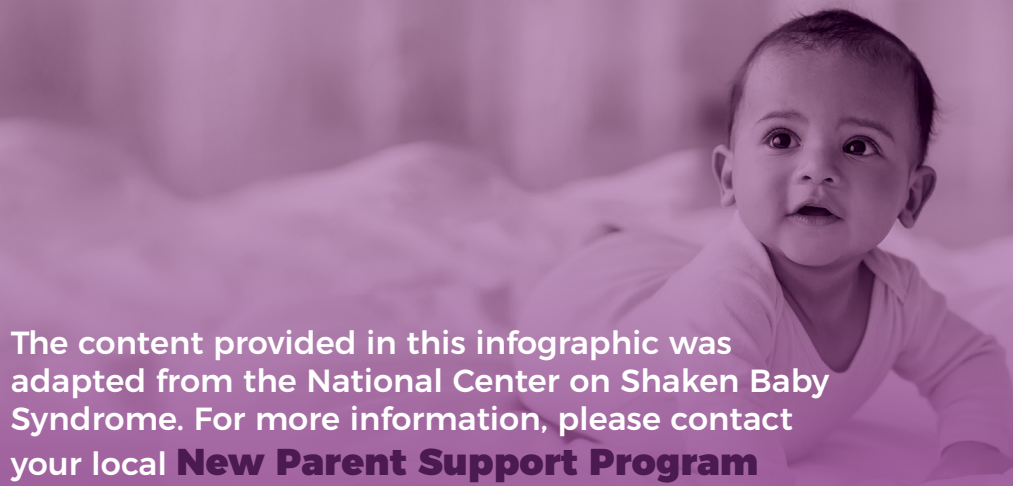
The Period of Purple Crying is a period of infant development when increased crying occurs. A pattern of increased crying begins at 2 weeks, peaks at 2 months old, and decreases at 3-4 months old.

-  **PEAK OF CRYING** Each week your baby may cry more. This peaks around 2 months of age.
-  **UNEXPECTED** The crying starts and stops with no explanation.
-  **RESISTS SOOTHING** The baby may not stop crying regardless of what you do.
-  **PAIN-LIKE FACE** The baby may look like he or she is in pain even when there is no pain.
-  **LONG LASTING** The baby may cry for as long as 5 hours a day.
-  **EVENING** The baby may cry more in the late afternoon and evening.

TIPS FOR PARENTS AND CAREGIVERS

What you can do when a baby is crying excessively:

- Complete checklist attending to baby's basic needs: baby is fed, diaper is changed, outfit is comfortable, and baby is not too hot or cold.
 - Try soothing techniques. Rock or walk with baby; change baby's position or environment.
 - Ask for help! If able, leave baby with another caregiver
 - Put the baby down in a safe place (bassinet or crib) and walk away for a few minutes.
 - Practice self-soothing strategies. Take deep breaths. Call a support person. Wear noise-canceling headphones.
 - NEVER shake your baby.
- Shaken Baby Syndrome (Abusive Head Trauma) is a leading cause of physical child abuse deaths in the U.S. (according to the CDC). Visit <https://www.dontshake.org/purple-crying> for soothing tips for babies and parents. This is free to military via NPSP.



The content provided in this infographic was adapted from the National Center on Shaken Baby Syndrome. For more information, please contact your local **New Parent Support Program**