

# Provider Tip of the Week

February 2, 2022

## Crying and Fussiness

Though infant crying and fussiness is an expected part of development, it isn't easy for parents. Help build knowledge and understanding with these strategies:

1. **Promote soothing.** Newborns cannot be spoiled and need help from adults to calm down.
2. **Encourage sleep.** Remind caregivers that being overtired contributes to fussiness. Advise putting the baby down every 1.5-2 hours.
3. **Frame crying as communication.** Help caregivers to look for cues as to what their baby is trying to say. Parents can then name that need and respond sensitively.
4. **Give permission for breaks.** Remind parents to take a break when they need it and put their newborns in a safe space for a chance to take a few breaths or pour a cup of coffee.

See this video for an example from the well child visits: [Crying and Fussiness](#)



Watch the Video!

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