

# THE PERIOD OF PURPLE CRYING



The Period of Purple Crying describes a time in a newborn's life when excessive crying can occur. This period of time may last from around two weeks old to 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:

- Make sure the baby is fed, change their diaper, or tend to other needs
- Try soothing techniques - walk with them, rock them, change their position or environment.
- Involve another caregiver/ask for help.
- Leave the baby in a safe place (like a crib) and walk away for a few minutes.
- Make some tea. Call a friend. Do what you have to in order to remain calm.
- **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).*



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**