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 2 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).*

For more information, please contact your local: **New Parent Support Program**