Why do babies cry?

Wondering why babies cry? If you're struggling to understand what your baby is trying to tell you, check this list for possible translations.

- See if baby is hungry or thirsty.
- Check if baby is tired.
- Check their nappy.
- Check if they're too hot or cold.
- Check if they want a cuddle – sometimes they just need to be held.
- Consider whether they have constipation, colic or reflux.
- Check their little fingers and toes. On rare occasions, little hairs can cut off circulation and irritate baby.
- Try using motion to soothe baby. Swaying cuddles, the sling, the car or the pram.
- Try winding the baby with several techniques. Babies' burp buttons aren't all pressed in the same way.
- Try baby massage to help troubled tummies.
- Try the sound of a hoover or hair dryer. There are lots of white noise apps too these days.
- Try a warm bath to relax them.
- Try to trust your instinct. If their crying is causing concern speak to a healthcare professional.