

# Signals of Stress

(this is a good thing! ☺)

## **Common signals of a need to cry:**

- Fussing/crying even after immediate needs have been met
- Fussing/crying before sleeping
- Hand in mouth (with other clues)
- Arm punch
- Tense, hyper, or extremely “busy”
- Zoned out
- Constantly clinging
- Sucking thumb often
- Asking for nursing beyond hunger
- Will cry if you don’t keep doing something (pacifier, rock, walk around, offer distraction, etc.)

## **What to do:**

- Hold Baby lovingly and allow the crying
- Have eye contact available
- Communicate love and reassurance (“I hear you, it’s okay to cry”); and listen...

## **After a full release:**

Babies tend to either sleep deeply or remain awake in a very present, peaceful, content state.

*This information and approach comes from Aware Parenting ([awareparenting.com](http://awareparenting.com)). Before doing any “Crying In Arms,” make sure nursing/feeding is well established. If you suspect medical emergency, please see a doctor.*

Conscious Baby<sup>SM</sup> Let your baby lead the way

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