

Signals of Stress

(this is a good thing! 😊)

Signs Baby might need to have a release cry:

- Crying even after immediate needs are met
- Fussy/crying before sleeping
- Tense, hyper, fast play, or extremely “busy”
- Irritable
- Zoned out
- Concerned look
- Clingy
- Gripping, throwing, hitting, pulling
- Hand in mouth (with other clues)
- Sucking thumb
- Needs security item
- Would cry if you don’t keep doing something (pacifier, nurse (beyond hunger), rock, walk around, offer distraction, etc.)
- Asking for milk beyond hunger
- Nervous chewing
- Dissociation

What to do:

- Check in (How are you, do you need to cry, etc)
- When Baby does cry, hold lovingly (or be present with) and allow the crying
- Make eye contact available
- Communicate love and reassurance (“I hear you, it’s okay to cry”); and listen...

After a 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). If you suspect medical emergency, please see a doctor.

Conscious BabySM *Let your baby lead the way*

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