

Family Education Package for Families with Newborn Babies

Episode 3: How to handle my crying child? (Transcript)	
Host:	Babies do not know how to express themselves in words, so they can only express their needs by crying which quite often makes us feel helpless, especially those new parents who do not know how to handle their crying babies. So what can they do?
Drama part 1	
Narration:	Betty's baby is crying loud in the baby rocker. Even when Betty holds the baby in her arms, things don't get better. She and Brian have no idea what to do.
Betty:	Hush, baby, my dear, don't cry... Why does she keep crying even when I am holding her?
Brian:	Yes, strange. She is already in your arms but still cries. What can be done?
Narration:	At this moment, the grandmother comes and helps out.
Grandma:	No wonder she won't stop crying. You are holding her too much. It's hard to put her down if you hold her for too long. And it will be difficult for you to take care of her in future. When the baby cries, just let her cry it out. Now put her down.
Narration:	The grandmother takes the crying baby from Betty and put her back to the rocker right away.
Betty:	(Voice over) Is it really alright not to hold her even when she cries like this?
Expert advice	
Ms. Chan:	Babies don't know how to speak. They can only express themselves by crying. So when babies cry, parents have to be aware and check out if they are hungry, feel too hot, too cold, having their diapers wet, having a bad sleep or craving for comfort. If babies cannot be satisfied in a while, they will keep crying to express their feelings. For example, if they are hungry, they will not stop crying until they are fed. Therefore if parents can check out the reasons behind, they can always handle most of the crying cases. Only when babies grow older, say about nine months old, they would know how to seek attention by throwing a tantrum. In fact, every baby's character is unique and they have different reasons and ways to express their emotions. Parents may examine the situations of their babies and try their best to respond appropriately. Otherwise babies may feel their crying useless and reduce the desire to express themselves gradually. In the long run, this may have a negative impact on them.
Drama part 2	
Betty:	Hush, my sweetheart, don't cry...
Brian:	Is she crying because the diaper is wetted?
Betty:	Oh, Yes. Let me change the diaper for her.
Brian:	I can help!

Expert advice

Ms. Chan: Actually babies are particularly sensitive to human touch and tender voice. When babies are calm and peaceful, we can hold them and touch them more, or chat, play and sing with them. All these will help them build up a sense of security.

Conclusion

Host: A good parent-child relationship will help prevent babies from crying all the time and parents will face less stress and trouble.

***More kissing, holding and touching,
A joyful and contented baby it will bring.***