

Coping with Crying 1 PSA (:30)

It's normal for healthy babies to cry much more in the first four months of life. But, babies can't always be consoled and parents can feel pushed to the limit. Put your baby in a safe place, take a break while checking in every five minutes, and call for support.

It's always okay to ask for help from friends or family or to call a Parent Helpline. Just remember - it *will* get better.

A message from CDC.