Why is my baby crying & how do I fix it?

Cues:	What's Wrong:	How to Help:
Opening & closing mouth, turning head to one side with open mouth, licking lips	Hungry	Start with just a few ounces of breastmilk or formula, add more if needed
Squirming, kicking legs	Wet/dirty diaper	Diaper change and check for rash; apply rash cream if needed
Rubbing face into your chest, rubbing/pulling ears, rubbing eyes	Tired	Swaddle/sleep sack, dim lights, white noise and/or soft music, hold close and rock; no talking, no eye contact
Kicking legs, arching back	Gassy	Burp, tummy massage (clockwise and downward), bicycle legs, figure 8 hips, gas drops, gripe water
Skin feels warm and sweaty (check everywhere, especially feet, belly & cheeks); may have slightly elevated temperature	Hot	If awake: remove socks & other clothes 1 layer at a time until cooled off If tired/sleeping: put on lightweight sleep sack or remove clothing underneath
Skin feels cool and/or has goosebumps (check everywhere, especially feet, belly & cheeks)	Cold	If awake: put on long sleeves and pants; add thicker socks or booties If tired/sleeping: put on heavier swaddle or add clothing underneath; NO blankets
Redness or swelling on fingers, toes or private parts; visible hair wrapped around appendages	Injury: Hair tourniquet	Gently remove hair with tweezers or dissolve with depilatory cream (Nair); call doctor or visit urgent care if you can't remove it
Turning head away from any stimulus	Overstimulated	Dim lights, reduce sound, no talking, no eye contact; if wiggling and turning away, place down alone on floor or in crib or play yard
Wiggling and staring at your face; no hunger cues	Understimulated	Face-to-face interaction, talking, eye contact, baby wearing, mimicking facial expressions, tummy time
Wiggling, restless, may have elevated temperature; no remedies working	Unknown: Illness or injury (Call your pediatrician)	Gentle/light bouncing, singing, back pats, standing and walking around, baby wearing; If baby is inconsolable after trying everything, call your pediatrician