

The Period of PURPLE Crying

- P** Crying **peaks** around month 2, then lessens through month 5
- U** Crying comes and goes **unexpectedly** for no apparent reason
- R** Baby **resists** soothing no matter what you try
- P** Baby looks to be in **pain**, even when he or she is not
- L** Crying is **long-lasting**—sometimes even 5 or more hours per day
- E** Baby may cry more in the late afternoon and **evening**

The *Period of PURPLE Crying* is a phrase and acronym developed by Dr. Ronald Barr, a pediatrician, to help parents better understand a normal part of every infant's development between 2 and 5 months. The word "period" is used to denote that this time of crying has a start and an end. The phrase replaces the vague term "colic."

Source: purplecrying.info

Soothing Methods

- **Human interaction** is important to infants. In the first few months, the human voice and figures are more soothing, then human versions of sounds and sights become increasingly more effective.
- **Changing positions** is often soothing. Most often that means moving the baby from a lying position to your shoulder.
- **Repeating sights, sounds or touches in a rhythm can be more soothing.** A lullaby has a rhythm, as does the often exaggerated, higher-pitched way a mother speaks to her baby. Combining these sensations (e.g., reading a book to your infant while holding her) can be even more effective.
- **"White noise"** — the vacuum, dryer, white noise apps — can be helpful. Many parents also find a ride in the car will calm their baby.
- **The closeness** provided by holding your baby is often soothing.
- **Carry your baby.** Doing so combines many principles, including: changing positions; providing human stimulation and closeness; offering the combination of sensations, including touch, sounds and sights; and the introduction of rhythm. Many parents find that carrying their infant in a sling or other carrier is particularly helpful.
- **Other tried-and-true soothing techniques** include bathing the baby; rocking; breastfeeding; allowing the baby to suck on a pacifier, his own finger or your finger; skin-to-skin contact; and eye contact.



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We are here to help.**