

A decorative graphic on the left side of the slide consisting of white and light blue lines and circles, resembling a circuit board or a stylized tree structure.

NORMAL NEWBORN CRYING

PARENT RESOURCES AND LOCAL SUPPORT OPTIONS.

Lynne Campey RN, RM, CFHN.



SESSION OUTCOMES

Have an understanding of normal newborn crying expectations.

Ability to use descriptive terms when discussing crying expectations with parents.

Knowledge of local referral pathways and supports.

Know some good resources to share with parents.

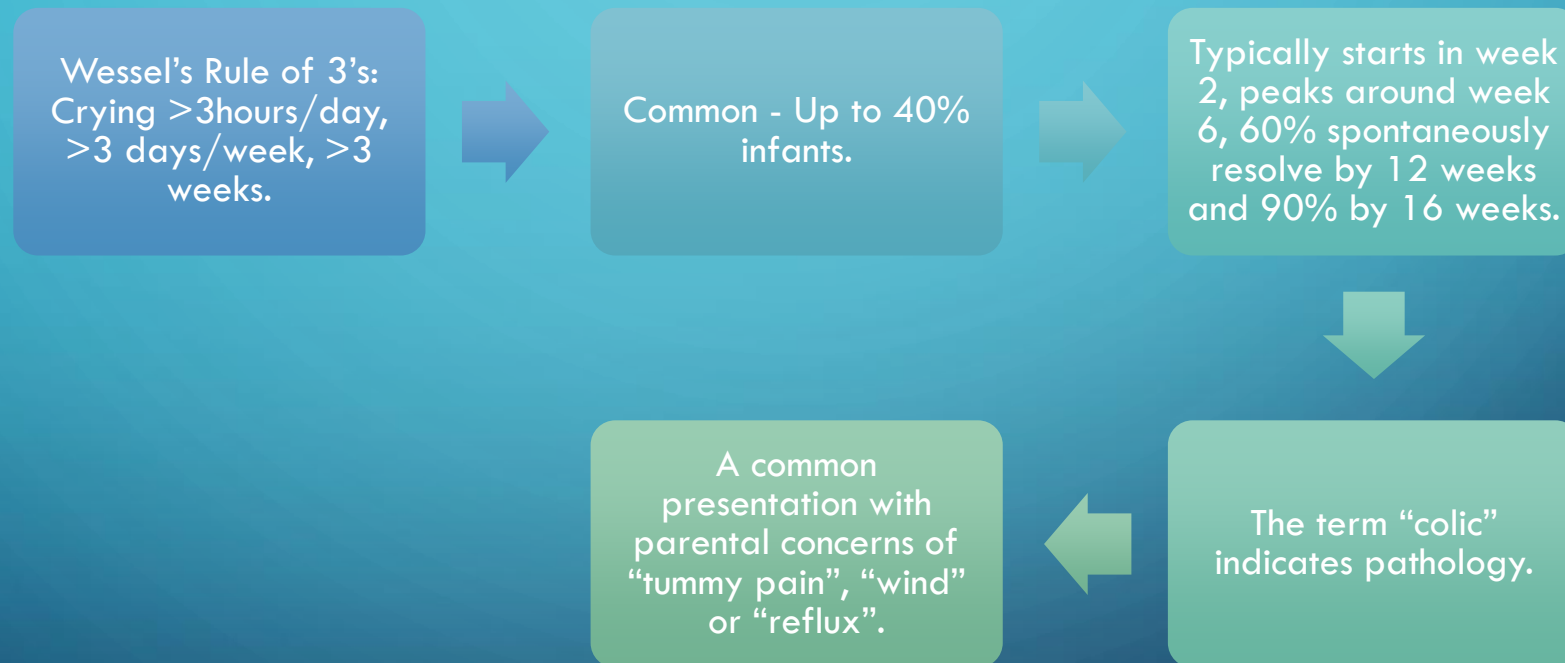
WHAT IS NORMAL?

Parental concern over infant crying is a common presentation to their health care provider.

Often parents have received a lot of advice from friends and relatives of what is considered a “good” baby.

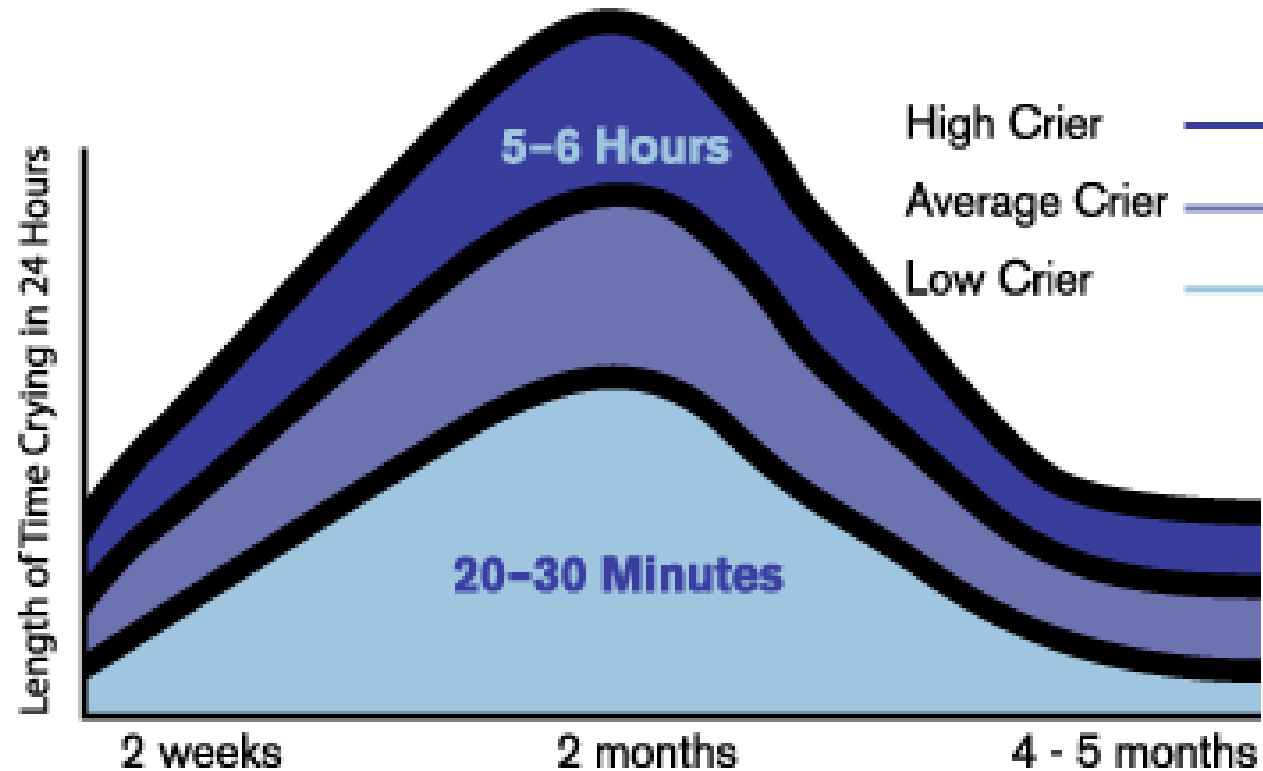
In many cases the first infant that a parent has had exposure to is their own!

IS THE WORD “COLIC” A GOOD DESCRIPTOR OF INFANT CRYING?



Curves of Early Infant Crying

2 Weeks to 4 - 5 Months



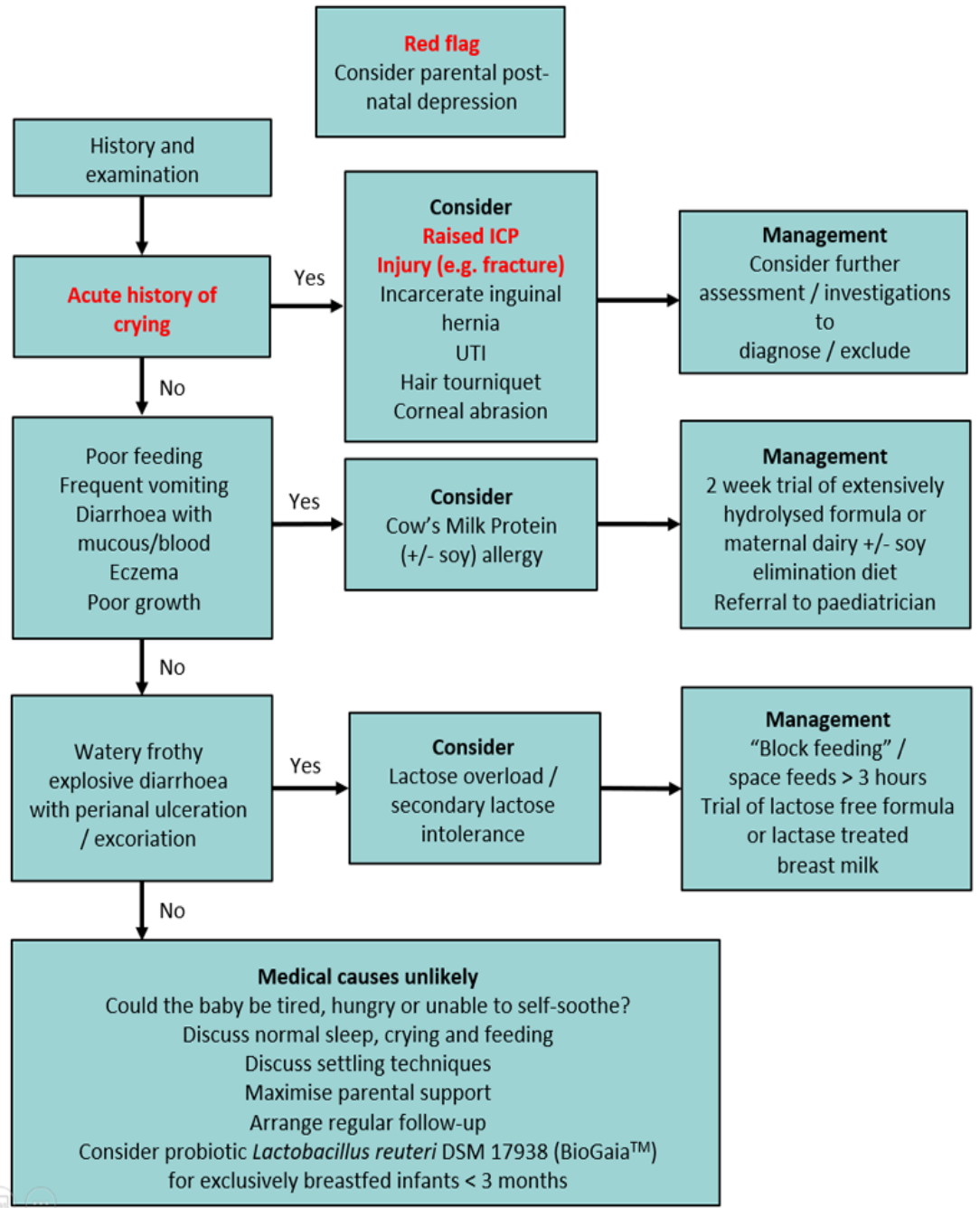
Some
contributing
factors to
parental
concerns
around 6-8
weeks:

This is the peak of crying

Maternal breasts soften as supply and demand equalize leading to perceptions of low supply.

Feeds become shorter as the infant becomes more efficient at milk transfer.

Stooling often slows in the exclusively breastfed baby.



Royal Children's Hospital, Melbourne Crying Assessment Flowchart

The Letters in **PURPLE** Stand for

P

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

U

UNEXPECTED

Crying can come and go and you don't know why

R

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

P

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

L

LONG LASTING

Crying can last as much as 5 hours a day, or more

E

EVENING

Your baby may cry more in the late afternoon and evening

The word ***Period*** means that the crying has a beginning and an end.



TIRED SIGNS

- Early signs:
 - Looking away/staring
 - Yawning
 - Clenched fists
 - Frowning
- Late signs:
 - Jerky limb movements
 - Grizzling progressing to crying
- Older baby:
 - Pulling at ears/rubbing eyes/scratching
 - Sucking fingers

WHAT ABOUT REFLUX?

- Gastro Oesophageal Reflux (GOR) is common (about 40% infants) and self resolves usually over the first year. No investigation or treatment required. “Happy chucker”.
- Gastro Oesophageal Reflux Disease (GORD) is rare and is accompanied by FTT and oesphagitis.
- Silent Reflux – no evidence that this exists.



WHAT ABOUT TREATMENT?

Acid Suppression Therapy
– ineffective in reducing
crying compared to
placebo and is not a
harmless drug.

Simethicone (and other
colic remedies) – no effect
on crying compared to
placebo

Limited evidence to
support probiotic use
(*Lactobacillus reuteri* in
breast fed babies)

Weaning from breast has
no benefit

Changing formula not
helpful unless proven CMA.

Spinal manipulation not
indicated and has
associated risks.

Do not elevate the
mattress in the bassinette
or cot (SIDS risk)

SETTLING STRATEGIES

Reduce stimulation – go to a quiet darkened room

Place baby in their sleep space and pat mattress rhythmically whilst “shooshing”

Listen to the pattern of the crying – are there peaks and troughs? Then the baby is crying to release energy and persevere with settling. Is the crying just escalating? Then pick up and soothe.

Depending on time of day - go outside (crying sounds less intense outdoors!)

Child & Family Health Nursing

BREASTFEEDING SUPPORT

ERINA	4367 9600
Monday 9.30am - 11.30am	
WYONG CENTRAL	4356 9300
Monday 1.30pm - 3.30pm	
KINCUMBER	4323 8800
Tuesday 9.30am - 11.30am	
LONG JETTY	4336 7800
Tuesday 1.30pm - 3.30pm	
GOSFORD	4328 7900
Wednesday 1.30pm - 3.30pm	
WOY WOY	4344 8432
Thursday 9.30am - 11.30am	
LAKE HAVEN	4393 7777
Thursday 9.30am - 11.30am	
GOSFORD	4328 7900
Friday 9.30am - 11.30am	



Health
Central Coast
Local Health District

DROP-IN CLINICS

GOSFORD	4328 7900
Monday 9.00am - 12.00pm	
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MANGROVE MOUNTAIN	4328 7900
Thursday 9.00am - 12.00pm	
ERINA	4367 9600
Friday 9.00am - 12.00pm	

CC01154

Child & Family Health Nursing Services offer:

- Home visits, clinic visits and phone advice
- Breastfeeding and infant feeding support
- Child developmental checks (Blue Book checks)
- Parenting groups and support
- Sleep and settling
- Behaviour assessment and management
- Assessment for school readiness
- Immunisation clinics
- Hearing and vision screening
- Referral to specialist health services

DROP-IN CLINICS

GOSFORD 4328 7900

Monday 9.00am - 12.00pm

The Gateway Centre Suite 1, Level 1,
221-237 Mann Street, Gosford 2250
(Appointments also available at Kariong
Neighbourhood Centre, 10 Langford Drive,
Kariong. Phone 4328 7900 to book)

WYONG CENTRAL 4356 9300

Tuesday 9.00am - 12.00pm

38a Pacific Hwy, Wyong 2259

KINCUMBER 4323 8800

Wednesday 9.00am - 12.00pm

3/20 Kincumber St, Kincumber 2251

LAKEHAVEN 4393 7777

Wednesday 9.00am - 12.00pm

3 Stratford Ave, Lakehaven 2263

LONG JETTY 4336 7800

Wednesday 9.00am - 12.00pm

64 Wyong Road, Killarney Vale 2261

WOY WOY 4344 8432

Wednesday 9.00am - 12.00pm

Cnr Kathleen St & Ocean Beach Rd,
Woy Woy 2256

MANGROVE MOUNTAIN 4328 7900

Thursday 9.00am - 12.00pm

13 Nurses Rd, Mangrove Mountain 2250

ERINA 4336 7960

Friday 9.00am - 12.00pm

169 The Entrance Road, Erina 2250

BREASTFEEDING SUPPORT CLINICS

ERINA 4336 7960

Monday 9.30am - 11.30am

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Monday 1.30pm - 3.30pm

KINCUMBER 4323 8800

Tuesday 9.30am - 11.30am

LONG JETTY 4336 7800

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GOSFORD 4328 7900

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LAKEHAVEN 4393 7777

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GOSFORD 4328 7900

Friday 9.30am - 11.30am

**Ngilyang Aboriginal Pregnancy,
Child and Family Health**

Service 4394 9148

2/2A Bounty Close, Tuggerah 2259

Family Care Cottages Gosford / Wyong

For additional support 4328 7901

(Perinatal Intake Line)

Public Health options for referral



Health
Central Coast
Local Health District



ONLINE PARENTING WEBSITES

Purple Crying website

www.raisingchildren.net.au

Online Karitane sleep and settling videos
<https://karitane.com.au/sleep-and-settling>

REFERENCES

- **Colic**

- <https://pubmed.ncbi.nlm.nih.gov/30085504/>

- **Purple Crying**

- <http://purplecrying.info/what-is-the-period-of-purple-crying.php>

- **Normal Newborn expectations**

- <https://raisingchildren.net.au/babies/sleep/understanding-sleep/tired-signs>

- **Settling techniques**

- <https://karitane.com.au/sleep-and-settling>

- **Royal Children's Hospital, Melbourne**

- **Crying Assessment Flowchart**

- https://www.rch.org.au/clinicalguide/guideline_index/Crying_Baby_Infant_Distress/

- **Reducing medications in infants**

- https://www.rch.org.au/hsru/research/Reducing_medications_in_infants/#parent-handouts

- **GP communication script for discussing AST**

- https://www.rch.org.au/uploadedFiles/Main/Content/hsru/Clinician_Verbal%20Communication%20script_public.pdf