

A newborn baby is shown crying, held gently by two hands. The baby's face is in focus, showing closed eyes and an open mouth. The baby is wearing a white long-sleeved shirt and a striped bib. The background is blurred, showing parts of a person's face and hair. The entire image has a soft, pinkish-purple tint. Overlaid on the center of the image is the text "PURPLE CRYING" in a large, white, sans-serif font.

# PURPLE CRYING



# TIPS FOR SOOTHING

- Karp's 5 S's
  - Swaddle
  - Side or Stomach (while awake)
  - Sushing
  - Swing (while awake)
  - Suck
- Thumb from forehead down bridge of nose.
- Create calming environment.
- Warm bath.

# TIPS FOR SOOTHING

- Check for reasons of being uncomfortable.
  - Burp.
  - Clothing too tight or bunched up somewhere.
  - Diaper.
- Change of scenery.
  - Go outside.
  - Go to a different room.
  - Provide a different view.
  - Change up the toys.
- Give baby space.