

## Period of PURPLE Crying

*What to expect*

### What is the Period of PURPLE Crying?

The Period of PURPLE Crying is a normal phase in a baby's life. It starts when babies are about 2 weeks old and lasts until they are 3 to 4 months old. It does not mean your baby will look purple! The letters in the word PURPLE stand for:



**P: Peak of crying.** Your baby will cry more each week, the most in their 2nd month, and then slowly begin to cry less.

**U: Unexpected.** You have done everything – fed, burped, changed, and comforted your baby – but they are still crying.

**R: Resists soothing.** Your best efforts may not help your baby calm.

**P: Pain-like face.** Your baby may look like they are in pain when they are not.

**L: Long lasting.** Your baby can cry as much as 5 hours a day.

**E: Evening.** Your baby may cry more in the late afternoon and evening.

To learn more, visit [www.dontshake.org/purple-crying](http://www.dontshake.org/purple-crying).

P

#### Peak of crying

Your baby may cry more each week, the most in month 2, and less in months 3 to 5.

U

#### Unexpected

Crying can come and go and you won't know why.

R

#### Resists soothing

Your baby might 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 long as 5 hours a day, or more.

E

#### Evening

Your baby may cry more in the late afternoon and evening.



During the period of PURPLE crying, your baby can cry as much as 5 hours a day.

## How can I soothe my baby?

It is important for caregivers to learn ways to soothe a crying baby. Some of these are:

- Swaddling
- Soothing sounds
- Changing your baby's position
- Movement such as rocking
- Suckling

But, there are times when nothing will help your baby stop crying. When this happens, it is normal to feel frustrated. The most important thing you can do is have a plan to help **you** cope with your baby's crying.

## How can I soothe myself?

- Just remember that the word “period” means this time of extra crying **will** come to an end.
- Create a list of things you can do if you start to feel overwhelmed or angry. **Do these things only if your baby is safe or someone else is taking care of your baby.**

Your list might include:

- Setting your baby down in a safe place, like the crib
- Calling a friend
- Sitting outside
- Taking a shower or bath
- These resources can also help if you are feeling overwhelmed:
  - Family Help Line: 800.932.HOPE
  - Crisis Clinic (24 hours): 206.461.3222
  - Period of PURPLE Crying website: [www.purplecrying.info](http://www.purplecrying.info)

### Questions?

Your questions are important. If you have questions, please talk with your doctor or nurse.

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**