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Citation for published version:

Digital Object Identifier (DOI):
10.1136/bmj.328.7435.330

Link:
Link to publication record in Edinburgh Research Explorer

Document Version:
Publisher's PDF, also known as Version of record

Published In:
BMJ

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Persistent crying in babies
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A young mother presents with her 12 week old son, complaining that he “cries all the time.” She also has a three year old daughter who was “never a problem.”

What issues you should cover

Elicit the mother’s views—What does she think the problem might be? Take seriously any specific concerns she has. How experienced is she? For example, does she appreciate that the duration and frequency of crying can vary considerably between infants and at different times in the same infant? How is she coping? Is she depressed? Ask about what sources of support she has at home or among her wider circle of friends and relatives and whether she needs any additional help.

Nature of the crying—Excessive crying is defined medically as crying that lasts at least three hours a day, for three days a week, for at least three weeks. Is there any pattern to the crying? Babies cry for a variety of reasons, including hunger and thirst, being hot or cold, wanting attention, tiredness, discomfort, and pain. Although there is little evidence that it is possible to determine the cause from the pitch of the cry, the pattern of crying may indicate where the problem—if there is one—lies. For example, “infantile colic” (excessive crying in an otherwise healthy baby) may manifest as long bouts of crying in the early evening.

Other symptoms—Ask about any associated symptoms. For example, difficulty in feeding may be due to a blocked nose, vomiting may indicate a gastrointestinal problem, excessive straining may be due to constipation, and eczema suggests discomfort from itching.

Feeding—A detailed feeding history can help determine an underlying cause, such as overfeeding or premature weaning. The baby may inadvertently be swallowing air, particularly towards the end of a bottle feed.

Home environment—The home environment and family dynamics may be having an effect on the baby. The views (if available) of the father and other members of the family may provide useful insights. Also ask about sleeping arrangements and the baby’s pattern of sleep.

Persistent crying may be caused by problems with feeding.