**Go to purplecrying.info on the internet. Read the information on this site. All of the answers below come from various sections of this website.**

1. Why is it called the “period of purple crying”? ***It’s a normal developmental phase.***
2. It is not called “purple crying” because ***the baby cries until it turns purple***
3. During this phase of a baby's life they can cry for \_\_***hours***\_\_\_ and still be healthy and normal.
4. What do the letters in “PURPLE” stand for?

P – ***Peak of crying***

U – ***Unexpected***

R – ***Resists soothing***

P – ***Pain-like face***

L – ***Long lasting***

E – ***Evening***

1. Why is the word “Period” used in the title description?

***The time frame of crying has a beginning and an end (developmental)***

1. What time frame in the baby’s life is the most common for the occurrence of “purple crying”?

***From 2 weeks old to about 3 to 4 months old***

1. ~~True~~ or ***False*** – it is always possible to (eventually) soothe a baby who is in a purple crying episode. (Circle the answer)
2. What are some ways you can try to soothe the baby?
3. – ***Position – change baby’s position, try moving him to your shoulder***
4. – ***Repeating – almost anything: sights, sounds, music, lullabyes, etc***
5. – ***Rhythm – repeated sounds or sights are repeated in a pattern***
6. – ***White noise – like airplanes, fans, vacuum cleaners, etc***
7. – ***Closeness – baby and caregiver are close to each other, snuggling***
8. – ***Many sensations – include sight, sound, AND touch when trying to calm***
9. – ***Human sight, sounds, and smells – the baby responds to human presence***
10. What are the first and second principles of soothing?
11. ***Some*** soothing behaviors work ***some*** of the time, but nothing works ***\_all\_***\_ of the time.
12. Soothing can work \_***preventively***\_\_ if the soothing activities are applied when the infant is not crying rather than just in response to crying.
13. Babies are not \_***\_machines\_***\_\_; therefore, sometimes soothing does not work.
14. Why do dads (guys) sometimes have more trouble with Purple Crying than other people? ***Fathers are used to “fixing” things and that often doesn’t work with babies. Babies are not machines that respond in a predictable way to attempts to “fix” the problem.***
15. It (infant crying) is a normal developmental stage that research has shown, amongst other things, is most likely to occur in the \_***late afternoon***\_\_ and evenings.
16. What are some soothing methods to avoid?

***Putting baby to sleep on top of a washer or dryer (especially when it’s running)***

***Commercial methods (those methods marketed specifically to calm crying babies)***

1. What is the connection between Purple Crying and Shaken Baby Syndrome? Or is there a connection?

***Frustration with inconsolable crying can lead to the caregiver shaking the baby in an attempt to get it to stop.***

***THE ONLY DANGER FOR PURPLE CRYING IS IF THE CAREGIVER LOSES CONTROL AND SAKES OR ABUSES THE BABY!***