



UW Medicine

“紫色”哭闹期

是怎样的

紫色哭闹期是什么？

紫色哭闹期是婴儿生命中的正常阶段。大约从婴儿在 2 周大时开始、一直持续到 3 至 4 个月大。这并不是说您宝宝会哭得发紫！只是用紫色一词中的每个的英文字母来代表下列的意思：



P: 哭闹的高峰期。 宝宝会哭得一周比一周更厉害些、特别是到二个月时哭得最多、然后慢慢开始减少哭闹。

U: 意想不到。 您该做的都做了-喂饱、打嗝、换尿布和安慰宝宝-但他却仍然在哭。

R: 拒绝安抚。 您尽了最大努力、但还是不能让宝宝平静下来。

P: 痛苦的表情。 看起来好像在疼痛、但实际上您宝宝没有疼痛。

L: 持久的哭闹。 您宝宝可能一天可以哭 5 个小时。

E: 夜间。 您宝宝可能在傍晚到晚上哭闹得最厉害。

要了解更多可上这网站：www.dontshake.org/purple-crying.

P

哭闹的高峰期

宝宝会哭得一周比一周厉害、特别是在二个月时。3 至 5 个月就哭得少。

U

意想不到

哭闹可能是哭哭停停、您也不知道是为了什么

R

拒绝安抚

您尽了最大努力、但还是不能让宝宝不哭

P

痛苦的表情

哭闹时宝宝看起来好像在疼痛、但实际上您宝宝没有疼痛

L

持久的哭闹

可能一天可以持续哭闹 5 个小时以上

E

夜间

您宝宝可能在傍晚到晚上哭闹得最厉害



在紫色哭闹期您宝宝可能一天可以哭5个小时

我应该如何来安抚宝宝？

对于照顾宝宝的人来说、学习一些抚慰哭泣婴儿的方法是很重要的。

例如：

- 把宝宝包裹紧
- 安抚的声音
- 改变宝宝的姿势
- 摇摆等动作
- 吸吮

但是、有时候不管您做什么都不能让宝宝停止哭闹。发生这种情况时、感到沮丧是很正常的。您可以做的最重要的事情就是制定一些方法来帮助您自己来应对宝宝的哭泣。

我如何来舒缓我自己呢？

- 提醒自己这仅仅是“一个过渡期”也就是这哭闹较多的时期是会过去的。
- 写下一份清单、让您在开始感到不知所措或生气时可以做的事情。仅在您宝宝安全或有人在照顾您的婴儿时、才做这些事情。

可能包括：

- 把宝宝放在一个安全的地方如婴儿床里。
- 给朋友打电话
- 在外面坐坐
- 淋浴或泡澡
- 如您感到不知所措时、这些资源也可以提供帮助：
 - 家庭协助热线 **Family Help Line: 800.932.HOPE**
 - 危机诊所 **Crisis Clinic (24 hours): 206.461.3222**
 - 紫色哭闹期网站 **Period of PURPLE Crying website: www.purplecrying.info**

您有疑问吗？

我们很重视您的提问。
如对您的宝宝有疑问、
请致电您的儿科医生。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

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.

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

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.