

The Period of **PURPLE** Crying®

A New Way To Understand Your Baby's Crying



The *Period of PURPLE Crying* begins at about 2 weeks of age and continues until about 3-4 months of age. During this period, babies resist soothing. Nothing helps and the baby can cry for hours at a time and still be healthy and normal. All babies go through this period. It is during this time that some babies can cry a lot and some far less, but they all go through it.

The acronym *PURPLE* is used to describe specific characteristics of an infant's crying during this phase and let parents and caregivers know that what they are experiencing is indeed normal and, although frustrating, is simply a phase in their child's development that will pass. The word *Period* is important because it tells parents that it is only temporary and will come to an end.

The Letters in **PURPLE** Stand for

P

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

U

UNEXPECTED

Crying can come and go and you don't know why

R

RESISTS SOOTHING

Your baby may 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 much as 5 hours a day, or more

E

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.