



Types of Baby Cries

Crying is a very important communication method that your baby uses to get your attention. Babies have their own universal language of crying. Knowing their different crying sounds can help you soothe your baby more quickly.

Hunger

- A newborn baby uses a sucking reflex with their tongue on the roof of their mouth to create the sound “neh” when they are hungry.
- The best way to recognize this sound is by observing your baby’s mouth.
- This type of cry is a low-pitched, repetitive crying.

Sleepiness

- Babies make the sound reflex similar to “owh” when they are feeling tired or sleepy.
- This sound is created when your baby yawns and exhales.
- The cry may start off slow, but can continue to build up in tone and intensity if their sleepiness isn’t addressed.

Burping

- If you hear the sound “eh” from your newborn, this means they need to be burped.
- This sound is caused by internal reflexes pushing a trapped air bubble from your baby’s chest.
- The sound may resemble a short hiss, grunt, or a squeak that sounds like “eh” in “egg”

Gas

- If your baby has flatulence or an upset stomach, you will hear the sound reflex “eairh” from them. This is especially more noticeable when your baby is between 6-12 weeks old.
- The sound will more than likely last and even get louder until your baby’s gas has passed or they had a bowel movement.
- Massage your baby’s stomach to relieve them from the gas pressure.

Discomfort

- Babies make the sound reflex “heh” when they feel uncomfortable, such as when they need their diaper to be changed.
- The “heh” sound is triggered by a skin reflex due to feeling itchy or sweaty.
- This nasal-sounding cry starts off as mild, but can continue to increase in volume if your baby isn’t soothed.