

A close-up photograph of a woman with dark hair holding a baby. The baby is crying with its mouth open and eyes squeezed shut. The woman is looking down at the baby with a gentle expression. The background is softly blurred.

# P

**Is this  
normal**

# Yes.

Sometimes babies can cry for hours at a time, no matter what you do to soothe them. In many cases, this is perfectly healthy\*. It's called the Period of PURPLE Crying, and it can be common in the first five months of life — starting in the first few weeks and peaking around two months. The good news is that it will end. No matter how long a baby cries, never use shaking to stop crying. This can cause serious and permanent injury. Remember, long-lasting crying will come to an end. Learn more at [purplecrying.info](http://purplecrying.info).

*\* If you think your baby may be hurt or sick, contact a doctor.*

Period of  
**PURPLE**  
Crying®

[www.purplecrying.info](http://www.purplecrying.info)