

What to Do When Baby Cries



When Your Baby Cries, Take a Break!

Remember that infant crying is worse in the first few months of life, but it will get better as the child grows. If you have tried to calm your crying baby but nothing seems to work, it is important to stay in control of your temper. Remember, it is never OK to shake, throw, hit, slam, or jerk any child—and it never solves the problem!

If you feel like you are getting angry and might lose control, try the following:



Take a deep breath and count to 10.



Put the baby in a safe place, leave the room, and check on the baby every five to 10 minutes.



Call a friend, relative, neighbor or parent helpline for support.



Call your child's doctor. There may be a medical reason why your baby is crying.



Be patient.

Babies eventually grow out of their crying phase. Keeping your baby safe is the most important thing you can do. Even if you feel frustrated, stay in control and handle your baby with care.

An Important Reminder for All Caregivers:

Anyone who cares for your children, including child care providers, boyfriends, girlfriends, older siblings, grandparents, and neighbors, should know about the dangers of shaking or striking a baby's head. This includes anyone who cares for your children. Make sure they know it is never OK to shake, throw, hit, slam, or jerk any child.

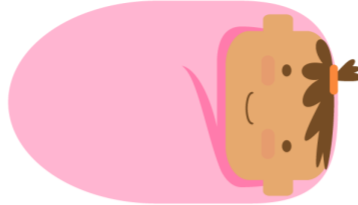
What to do when a Baby Cries:

It is not always easy to figure out why babies cry. They may be hungry or overtired. They may be cold or need their diapers changed. Crying is their only way of expressing their needs, and it's not because they dislike their parents. Sometimes it seems like they cry for no reason.

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SOME WAYS TO CALM A CRYING BABY

Check to see if your baby's diaper needs changing



Swaddle your baby in a large, thin blanket to help her feel secure. Ask your nurse or child's doctor to show you how to do it correctly.

Feed your baby slowly, stopping to burp often.



Offer your baby a pacifier.

Hold your baby against bare skin, like on your chest, or cheek-to-cheek.



Rock your baby using slow, rhythmic movements.



Sing to your baby or play soft, soothing music.

Take your baby for a walk in a stroller.



Go for a ride with your baby in the car (remember to always use a car seat).

If you have tried all of these and your baby continues to cry, go back and try them again. Most babies get tired after crying for a long time and eventually will fall asleep. If

all else fails, call your child's doctor and share your concerns and your stress.



IT'S NEVER OKAY TO SHAKE A BABY!