

BABIES CRY. HAVE A PLAN.

All babies cry, some more than others. It's important to have a **CRYING PLAN** that you (or anyone watching your baby) can follow when the crying starts.

Check your baby's basic needs:

- Is it time to eat? Does he need to burp after eating?
- Is it time for a diaper change?
- Is he too hot? Too cold? Overdressed?
- Are there any signs your baby is sick? (fever, vomiting) Seek medical care if you have any concerns about her health.

Try soothing your baby:

- Hold her close and rock, walk or sway side to side while standing.
- Offer a pacifier (don't force).
- Swaddle her with a blanket.
- Play soft music or a quiet sound.
- Take her for a walk in a stroller or a ride in a car seat.

If your baby is not sick or hurt, but continues to cry, remember:

- **IT IS NEVER OK TO SHAKE A BABY.** This can cause severe injuries or permanent damage.
- **IT IS OK** to put your baby in a safe place (crib, infant seat) and let him cry while you take a break or call someone for help.
- **IT IS MORE IMPORTANT TO STAY CALM THAN TO STOP THE CRYING.**

Calm yourself, so you can calm your baby safely:

- Go outside for fresh air.
- Take several deep breaths.
- Count to 100.
- Wash your face or take a shower.
- Exercise. Do sit ups or walk up and down the stairs a few times.

Ask some of your friends or family if you can put them on your **CRYING PLAN**:

Keep a list of trusted people you can call if you need help during a crying period. Make sure anyone who is going to watch your baby knows the **CRYING PLAN**, including other people they can call.

PEOPLE TO CALL FOR HELP WHEN MY BABY CRIES:

Name: _____

Phone: _____

Name: _____

Phone: _____

Doctor: _____

Phone: _____

www.cryingplan.com

Choose your baby's caregivers wisely:

Before leaving your baby with anyone, ask yourself these questions:

- Does this person want to watch my baby?
- Have I had a chance to watch this person with my baby before I leave?
- Is this person good with babies?
- Has this person been a good caregiver to other babies?
- Will my baby be in a safe place with this person?
- Have I gone over my **CRYING PLAN** with this person?

Do **NOT** leave your baby with anyone who:

- Is impatient or annoyed when your baby cries.
- Says your baby cries too much.
- Will become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has a history of violence.
- Has lost custody of their own children because they could not care for them.
- Abuses drugs or alcohol.

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