



CALMING YOUR BABY

All babies cry. Parents and caregivers can learn ways to calm their babies.

Here is a checklist to use when a baby will not stop crying.

Calm yourself first by taking a deep breath and counting to ten.

Check for the baby's discomfort:

Is the baby hungry?

Does the diaper need to be changed?

Is the baby too hot or too cold?

Is the baby's clothing too tight or uncomfortable?

Check if the baby is sick:

Does the baby have a fever?

Does the baby have a diaper rash?

Is there something else making the baby not feel well, like a cold or earache?

Call your doctor if you have questions or are worried.

Try the tips on the other side of this card for calming babies.

Plan to call someone if you need help or a break.

If you get frustrated, put the baby down in a safe place and call someone for help.

When a baby cries, some people may get so frustrated that they shake the baby. Shaken Baby Syndrome is caused by violently shaking a baby or small child. It can result in permanent injury or death.

NEVER, NEVER SHAKE A BABY!

POSITIVE CAREGIVING:

WHAT TO DO WHEN BABIES WON'T STOP CRYING

TIPS FOR CALMING BABIES

You can try these tips to help calm a crying baby:

Swaddle the baby snugly. Holding and cuddling will make the baby feel secure. Swaddling may not work after the baby is four months old.

Allow the baby to suck on his or her thumb, a pacifier or the breast.

Put the baby on his or her side or stomach for calming. Always put the baby on his or her back to sleep.

Use soothing sounds (shushing, humming, singing) or **white noise** (fan, radio static).

Use motion such as swaying, rocking or dancing with the baby.

For babies older than four months, try distracting the baby with different toys or activities.

Lower the noise and lights in the room.

My baby's doctor: _____

Phone number: _____

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If you are a parent, talk to everyone who takes care of your baby about how to calm your baby.

Do not be afraid to ask for help.

