

Babies Cry. → This is My Crying Plan! (Share it with anyone who cares for your baby)



My Baby's Name Is:

All babies cry, some more than others. Crying is a baby's language. When my baby cries she may be lonely, scared, tired or he may cry for no reason that we can figure out. So if my baby cries these are some things to try:

1 First, check my baby's physical needs.

- Is she hungry?
- Does he need to burp?
- Is her diaper dirty or wet?
- Is he too hot or too cold?
- Are there any signs of sickness? (vomiting or fever) Seek medical care immediately, if there are concerns.

2 Also try using some of the following Coping Techniques:

- Swaddling
- Use of "white noise"
- Gently swing or rock her
- Take him for a stroller ride
- Place her in a car seat and go for a car ride
- Breast feeding and/or skin to skin holding
- Other

Sometimes when nothing else works, my baby really enjoys: (Please complete with your best solutions.)

It is more important to stay calm than it is to quiet the baby. Sometimes babies cry for no apparent reason. When this happens, feeling frustrated is normal.
Never Shake a Baby!

3 To calm yourself try:

- Going outside for fresh air
- Taking several deep breaths
- Counting to 100
- Washing your face or taking a shower
- Exercise. Do sit ups or walk up and down stairs a few times

4 I have checked the Calming Techniques that work best for my baby. (Please mark your choices.)

- Put the baby down in a safe place like a crib, and check back when I am feeling calm
- Call a friend or neighbor
- Call the doctor if crying lasts over 3 hours
- Other

I will call the following people, if I need help. The first name on my list is my friend or neighbor. (Please list the first name and phone number)

I commit to keeping my baby safe.

Signature: _____

Date: _____

Signature: _____

Date: _____





WHAT CAN PARENTS DO?

Checking Your Baby's Basic Needs

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



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?



**TAKE A BREAK.
NEVER SHAKE!**

WHAT HAPPENS WHEN YOU SHAKE A BABY?

Sometimes, people get so frustrated they will shake a crying baby.

It is important to understand, NO ONE PLANS TO DO IT; it just happens. But shaking a baby, even for a second, can cause serious injury or even death.

Shaken Baby Syndrome/Abusive Head Trauma is a serious type of brain injury that can occur when an infant or toddler is violently shaken, usually in response to crying that will not stop. Babies' neck muscles aren't strong and don't provide much support for their large heads. Visit www.preventshakenbaby.org for more information.

Shaking a baby—or any other type of violent behavior—is a serious form of child abuse with serious consequences for the adult, too.

For information about crying babies call: IdahoCareline 2-1-1 or search 211.idaho.gov

