

# Babies cry. It's not your fault. So be prepared!

## How to Calm a Crying Baby

### Check physical needs first:

- Is the baby hungry?
- Thirsty?
- Need to be burped?
- Too hot or too cold?
- Diaper dirty?

### Check for signs of illness or fever:

If you think the baby may be sick, seek medical attention immediately.

### Make Your Plan

Make a conscious decision to never shake a baby and have a plan to cope with the challenge of crying.



### Discuss Your Plan

Talk with everyone who cares for your baby about the best ways to calm your baby. Ask them what they will do if they become frustrated and how they plan to cope. Make sure they know they can always call you if they reach that point and ask for help. **Remind them they can always put the baby down in a safe place and walk away for a few minutes.**



**Join the fight against Shaken Baby Syndrome**

# Make your plan.

**Crying happens.** To deal with crying, my plan is:

## 1. Choose a Calming Technique

- Swaddle the baby
- Use "white noise" or rhythmic sounds like a vacuum cleaner/washing machine
- Offer a pacifier
- Sing or talk to the baby

## 2. Choose another Calming Technique

- Gently swing or rock the baby
- Put the baby in a car seat and take a ride in the car
- Take the baby for a walk in the stroller
- Hold the baby close and breathe calmly and slowly

## 3. Choose a Coping Technique

- Call the doctor for support or medical advice
- Call a friend or relative for support
- Have someone come over and give you a break
- Put the baby in a safe place like a crib, close the door and check back when you're calm

## 4. Add your Own Solution \_\_\_\_\_

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**Talk with everyone who cares for your baby** and make a plan for how to calm your baby and what to do if they won't stop crying. Remember, you can always put the baby down in a safe place and walk away for a few minutes.

To learn more about how to calm a crying baby and more about Shaken Baby Syndrome, please visit: [CalmACryingBaby.org](http://CalmACryingBaby.org)

KOHL'S SHAKEN BABY SYNDROME PREVENTION CAMPAIGN PARTNERS

