

# JULY 2011

## Prevent Child Abuse Illinois' 20 Ways

### 20 Tips for Coping with a Crying Baby

**All babies cry, some more than others. Crying is how babies communicate. Never shake a baby. Shaken Baby Syndrome can happen when caregivers are overwhelmed.**

#### If your baby is crying...

1. Check to see if the baby is hungry? Some babies eat every 2 hours or more.
2. Check to see if the baby needs a diaper change.
3. Check the room temperature. Is baby too hot or too cold?
4. Try cuddling or holding the baby. You can't spoil a tiny baby. They need to feel safe and loved.
5. Walk with the baby.
6. Gently rock or bounce the baby in your arms. **Never shake!**
7. Wrap the baby in a swaddling blanket.
8. Try shushing in the baby's ear.
9. Offer the baby a pacifier.
10. Put the baby down for a nap.
11. Try giving the baby a soothing bath or massage.
12. Put the baby in a car seat and take a ride or put baby in a stroller and take a walk.
13. Listen to music with the baby.
14. Sing to the baby.
15. Put the baby in a baby swing.
16. Try some "white noise" such as a vacuum cleaner, static on a radio, or a loud fan.
17. Call a friend or family member for support.
18. Try not to blame yourself or be angry or blame your baby. Crying is just what babies do.
19. If you are unable to calm the baby, lay the baby on its back in a safe place and leave the room to take a few minutes to calm yourself. Check on the baby often.
20. If you think baby is sick, call your pediatrician.

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