

## Tips for Parents: Coping with a Crying Baby

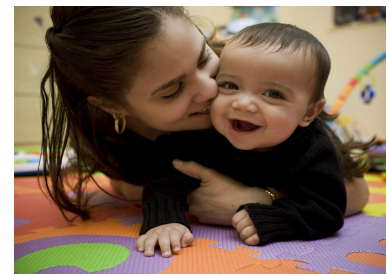
All babies cry. Some babies cry a lot! Children are not harmed by crying but crying is the number one cause of Shaken Baby Syndrome which may result in injuries or death. If your baby cries a lot make sure to talk with your baby's doctor. Here are a few tips that might help.

- ♥ Check to see if your baby is hungry? Some babies eat every 2 hours or more.
- ♥ Check to see if baby needs a diaper change.
- ♥ Check the room temperature. Is your baby too hot or too cold?
- ♥ Try cuddling or holding your baby. You can't spoil a tiny baby -they need to feel safe and loved.
- ♥ Walk with your baby. Gently rock or bounce baby in your arms. *Never shake!*
- ♥ Listen to music or sing to your baby or try background noise such as a fan.
- ♥ Put the baby in a baby swing or bouncy seat.
- ♥ Try not to blame yourself or to be angry or blame your baby. Know that crying is just what babies do.
- ♥ If you are unable to calm your baby, lay baby on its back in a safe place, such as a crib, and leave the room to take a few minutes to calm yourself. Remember to check on the baby often.
- ♥ If you think your baby is sick, call your pediatrician.

You also need to keep yourself calm. Always remember that it is ok to step away for a few moments. Place your baby on their back in a crib or another safe place. Check on the baby often and make sure to give yourself time to settle down. Never pick up a child when you are angry and never ever shake a baby or child.

Caring for a baby can be tiring and stressful. Make sure to take care of yourself and find ways to relax and have fun. If you feel like you are getting upset or need a break try one of these stress busting ideas:

- ♥ Take time for yourself sit down and relax, close your eyes for a few minutes
- ♥ Meditate with deep breathing
- ♥ Count to ten, twenty, or thirty (what ever it takes to calm down)
- ♥ Listen to some of your favorite music
- ♥ Take a warm bath or shower
- ♥ Eat your favorite comfort food
- ♥ Call family and friends for support
- ♥ Call your local parent helpline



There are many websites for new parents below are a few suggestions.

[www.babycenter.com](http://www.babycenter.com)

[www.more4kids.org](http://www.more4kids.org)

[www.zerotothree.org](http://www.zerotothree.org)

[www.tnpc.com](http://www.tnpc.com)

[www.parents.com](http://www.parents.com)

[www.aap.org](http://www.aap.org)

**Prevent Child Abuse Illinois**  
[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)

