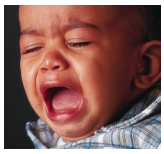
20 Ways To Cope With A Crying Baby

Prevent Child Abuse Illinois

Shaken Baby Syndrome, sometimes called abusive head trauma, is a medical term that describes the injuries that occur to infants and toddlers who are violently shaken by a parent or an adult caregiver. *Shaken Baby Syndrome,* which can kill or severely injure a child, most often happens when a frustrated caregiver loses control in response to crying. Anyone can become overwhelmed when a baby won't stop crying. All babies cry—some more than others. Crying is how babies communicate. It doesn't mean you're not doing a good job as a parent. We all need to have a plan and know what to do if we are in that situation. Here are 20 tips help you cope with a crying baby:



If your baby is crying…

1. Is the baby 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 the 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. Try shushing in the baby's ear.
8. Wrap the baby in a swaddling blanket.
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 car ride or put the baby in a stroller and go for a walk.
13. Listen to music with the baby.
14. Sing to your baby.
15. Put the baby in a baby swing.
16. Try some background noise such as a vacuum sweeper.
17. Call a friend or family member for support.
18. Try not to blame yourself or to be angry or blame your baby. Know that crying is just what babies do.
19. If you are unable to calm your baby, lay the 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.
20. If you think the baby is sick, call your pediatrician.

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Preventing Child Abuse… We Can Succeed!

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