



CRYING INFANTS

Research shows crying is the behavior which most often precipitates an infant being shaken.

Remember that crying doesn't hurt a baby – Shaking Does!

Babies have times of inconsolable crying...that is how babies communicate.

Know what to do before you get frustrated:

- **Try to sooth your baby, be sure he is fed, check to see he has a clean diaper and is not sick.**
- **Check to see if the baby is too hot or too cold.**
- **Is the baby over tired or over stimulated?**
- **Locate a safe place to lay your baby down and walk away.**
- **It is normal for your baby to cry – all babies cry – some cry a lot!**
- **You are not a “bad” parent to let your baby cry.**
- **Crying cannot always be “controlled”.**
- **Taking care of a baby is a BIG job.**
- **Ask for HELP!**

Make Sure No One Shakes Your Baby:

- **Educate the males in your baby's life. Male caregivers may be less familiar with infant soothing and coping skills.**
- **Develop a plan with your child's caregiver to provide support during stressful times.**
- **Let your caregiver know you will pickup your child immediately if the caregiver is over stressed.**
- **Identify someone you can call to provide care for your baby when you or their regular caregiver needs a break.**
- **Tell everyone who cares for your baby that NO ONE SHOULD EVER SHAKE YOUR BABY!**