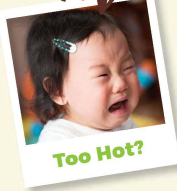


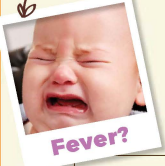
# Babies CRY



**C**rying is a baby's way of communicating and is a normal behavior. Sometimes babies just cry, and there is nothing you can do about it. It's not your fault. Non-stop crying is a primary trigger for shaking a baby.

Don't be caught off guard. Shaking, throwing, hitting, or hurting a baby is never O.K. What can you do to be prepared? Have a Crying Plan in place to refer to if you get frustrated with a crying baby.

## **Stay calm. Rule out the following reasons a baby may cry:**



- Dirty diaper or diaper rash
- Hungry
- May need to burp
- Too hot or too cold or clothing too tight
- Tired
- Sick or has a fever



If you think the baby may be sick, call your healthcare provider

Make a decision to never shake your baby and have a plan in place to cope with the challenge of crying

Join the fight against  
Abusive Head Trauma/Shaken Baby Syndrome:  
**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.

## **Nebraska Family Helpline. Any Problem. Any Time.**

RAISING KIDS IS HARD. IT'S OK TO ASK FOR ADVICE.

**1-888-866-8660**

[www.nebraskafamilyhelpline.ne.gov](http://www.nebraskafamilyhelpline.ne.gov)

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

More information about  
Abusive Head Trauma is on  
the **Nebraska Department of  
Health and Human Services**  
website at:

[dhhs.ne.gov/MomAndBaby](http://dhhs.ne.gov/MomAndBaby)



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# Make your **CRYing** Plan

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

## **1** Choose a **C**alming Technique



- Swaddle the baby, hold baby close
- Use "white noise" or rhythmic sounds like a vacuum cleaner or fan
- Offer a pacifier
- Sing, talk to the baby, or use a shushing noise
- Gently rock the baby or use an infant swing
- Put the baby in a car seat and take a ride in the car
- Take the baby for a walk in the stroller

## **2** Choose a **R**elief Method



- Put the baby in a safe place like a crib, close the door and walk away. Give yourself a break. Check back every 5 to 10 minutes until the crying stops or when you are calm
- Call a friend, relative or someone you trust for support or to give you a break  
Who and Phone # \_\_\_\_\_  
Who and Phone # \_\_\_\_\_  
Who and Phone # \_\_\_\_\_
- Call your healthcare provider

## **3** Discuss **Y**our Crying 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
- Remind all caregivers they can always put the baby down in a safe place and walk away for a few minutes
- Instruct caregivers to call you before they become frustrated and ask for help. Write your name and phone number here:  
\_\_\_\_\_

**Never, Never Shake a Baby!**