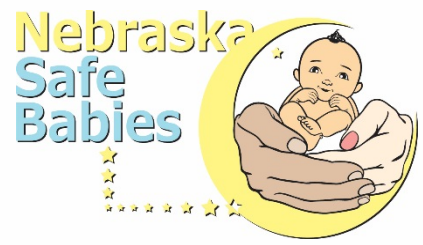
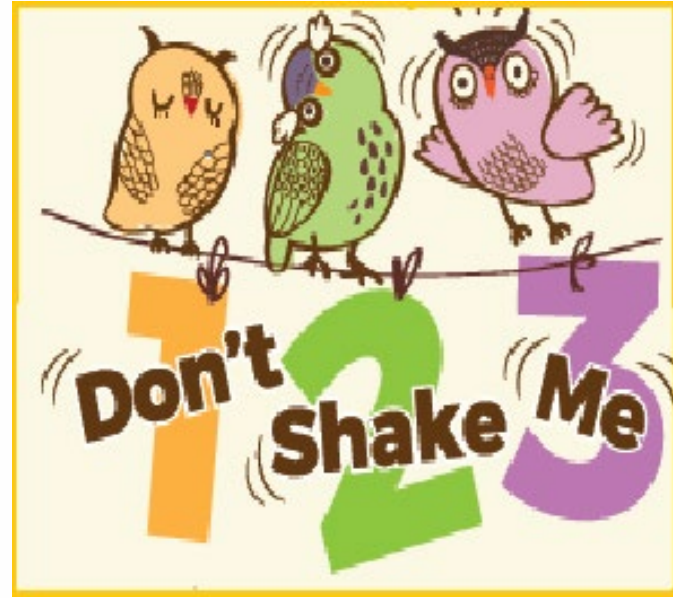




# THE CRYING PLAN



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<https://www.youtube.com/watch?v=t9vH6tqwxg&t=4s>

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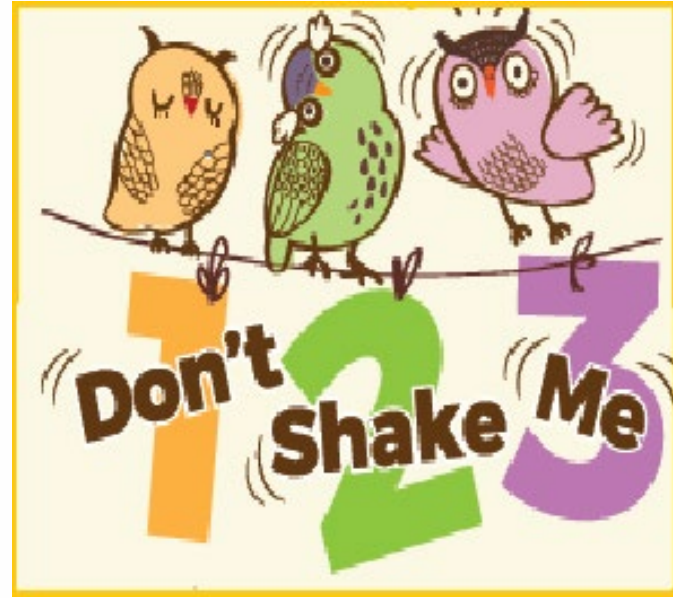
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# #1 Reason



*The #1 reason adults give for hurting a baby is...*

**Frustration with  
the baby's  
Inconsolable /  
Nonstop Crying**

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# Nebraska Revised Statute 71-2103

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## State Statute:

In 2006, the Nebraska Legislature passed a law requesting hospitals, birthing centers and other medical facilities to present a video and reading materials to new parents, discussing the dangers of shaking a baby and sudden infant death syndrome.

View the full State Statute: **Nebraska Revised Statute 71-2103**, information for parents of newborn child and requirements at:

<http://nebraskalegislature.gov/laws/statutes.php?statute=71-2103>

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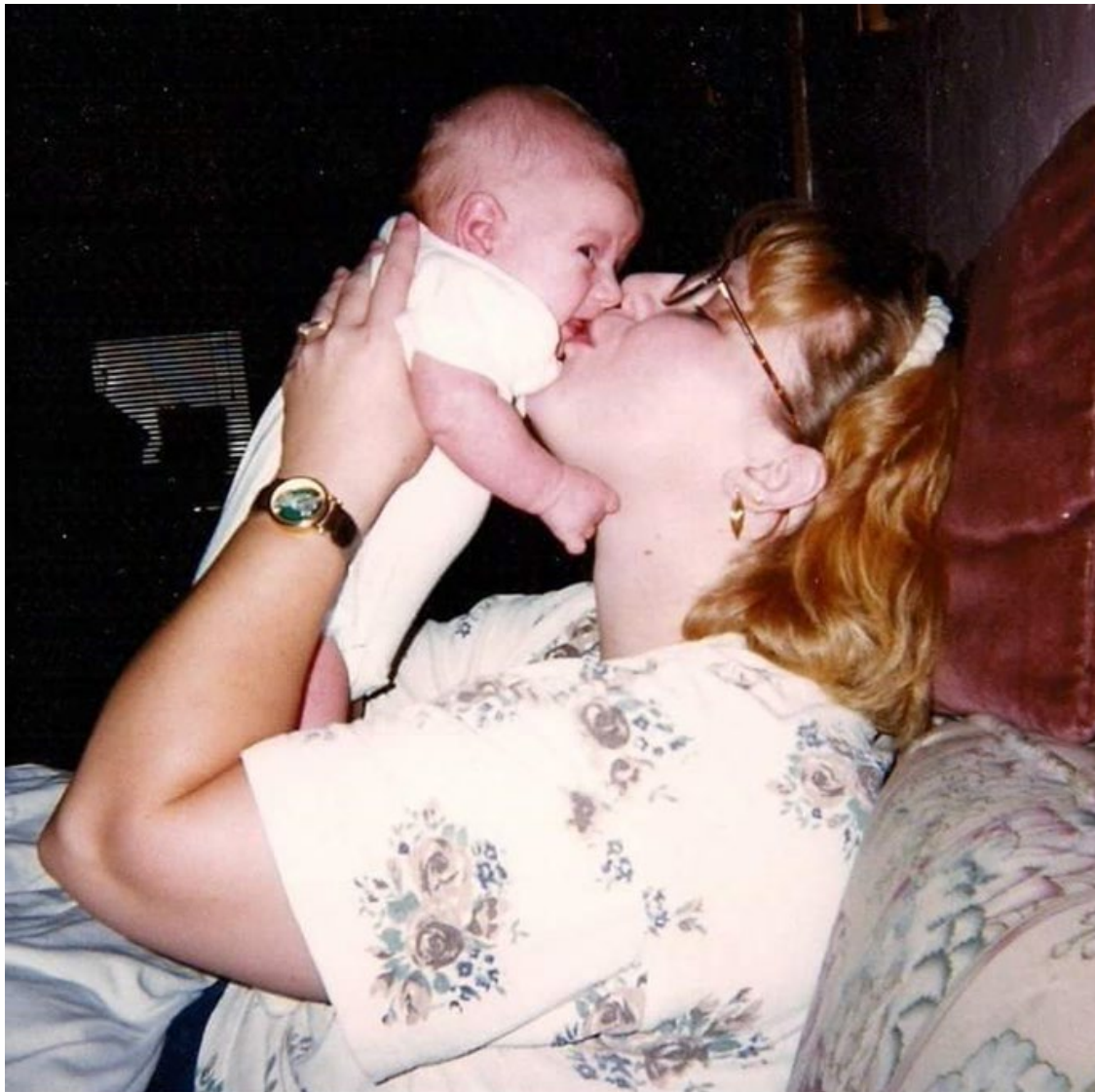
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# The Crying Curve



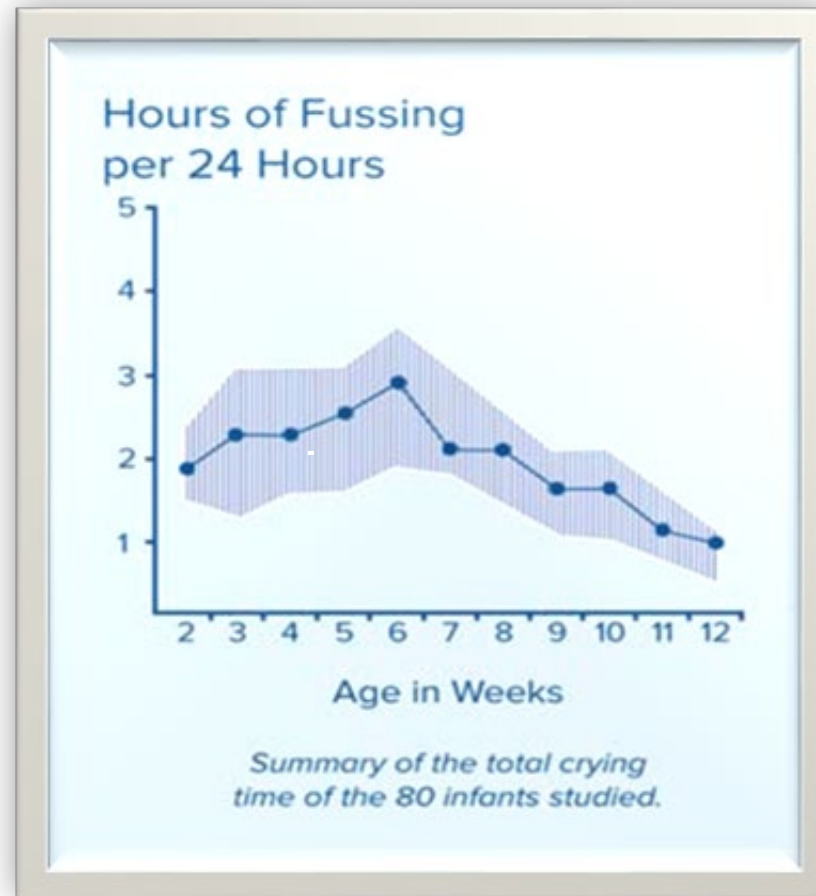
Crying begins to increase around 2-3 weeks



Crying peaks around 6-8 weeks



Slowly decreases and ends around 12-16 weeks



The key here is that crying is Normal and crying is NOT the problem.

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# The Crying Plan







## 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)



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

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

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## Make your CRYing Plan

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

### 1 Choose a Calming 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 Relief 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 Your 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!**

A predetermined plan that focuses on techniques and methods to deal with crying **BEFORE** a caregiver becomes frustrated.

Shaking, throwing, hitting or hurting a baby is **NEVER** ok!

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# Share Your Plan

Discuss, review and fill out with the parent. Empower to share with everyone caring for their baby.

**C** Calming Technique

**R** Relief Method

**Y** Your Crying Plan

**1 Choose a Calming 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 lullaby
- Gently rock the baby or use a rocking chair
- Put the baby in a car seat and drive the car
- Take the baby for a walk in a stroller

**2 Choose a Relief 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 feel ready to try again.
- 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 # \_\_\_\_\_

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# Make your CRYing Plan

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

**Brought to you by:**



## Jennifer Auman

Nebraska-Maternal, Infant & Early Childhood Home Visiting  
Program Manager

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402-471-1938

For more information and to find printable Crying Plan cards,

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



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