

CRYING!



Just doing what comes naturally

You know your baby will cry, but do you know how frustrating listening to that crying can be?

Shaken baby syndrome happens when a frustrated caregiver loses control and violently shakes a baby. **Shaking a baby is very dangerous** and can cause blindness, seizures, learning and physical disabilities and even death.

Try the following tips to help comfort your crying baby:

- Give the baby a warm bath
- Swaddle the baby in a soft blanket
- Have the baby listen to and watch running water
- Lay the baby tummy-down across your lap and gently pat its back
- Run a vacuum cleaner
- Give the baby something new to look at or hold
- Take the baby outside or for a walk in fresh air
- Take the baby for a ride in a car

Remember, these tips won't work every time.

*Try other ideas and
ask for help if you need it.*