

When baby can't stop crying ... what can you do?

All babies cry. It is how they tell you they need something.

A crying baby may:

- be hungry or gassy
- have a wet or soiled diaper
- be sick or in pain
- be lonely

Sometimes babies cry for no apparent reason.

Sometimes babies can't stop crying no matter what you do.

When this happens, feeling frustrated is normal.

Having a plan to cope with crying can help.

Here are some ideas you can try. Be sure to add your own ideas and the phone numbers of people you know can help you.

To soothe the baby, I can ...



To calm myself, I can ...

- gently put baby where he will be safe, like his crib, and leave the room
- listen to music
- call a friend or relative
- take a shower or bath
- exercise
- do housework, shake a rug
- read
- write down the 5 best things about myself
- write down the 5 best things about baby
- close my eyes and take deep breaths
- count to 100
- ask a friend to come and help
- talk to someone about my feelings
- concentrate on something like a crossword puzzle
- use positive self-talk, like "I can calm myself" and "the baby knows I am trying"
- remember, it's more important to stay calm than stop the crying

I can call anytime during the day ...

Other ideas to soothe baby...

Other ideas to calm myself...

I can call anytime 24 hours a day...

Health Link Alberta to get health advice from a nurse:
 In Calgary at (403) 943-5465
 In Edmonton at (780) 408-5465
 Or call toll-free in Alberta at 1-866-408-5465

NEVER shake a baby for any reason

Sometimes babies just need to cry.

It's OK to ask for help.



Take a break, don't shake
www.cryingbaby.ca

Parents:

Please show this to everyone who cares for your baby.