



To soothe my baby, I can...

Crying Plan—Take a break, don't shake

All babies cry for many reasons. Your baby's crying is a way for them to communicate with you. Sometimes you won't know what your baby is trying to tell you, and sometimes it can feel like they won't stop crying no matter what you do to try to soothe them. Having a plan to cope with crying can help. It's more important to stay calm than to stop the crying. Do not pick up your baby until you feel you have calmed down.

Take a break - don't shake. Never shake a baby for any reason.

To calm myself, I can... • gently put my baby where they'll be safe, like their crib, and • check what they may need — are they hungry, wet, bored? leave the room • make them as comfortable as possible — not too hot or cold • feed them slowly and burp them often • close my eyes and take deep breaths • try to hold them in different positions like cuddling skin-to-skin, • count to 100 • cry if I need to — caring for a crying baby can feel against my chest, in a carrier or sling, or tummy down across overwhelming my lap • listen to music • change their diaper • take them for a walk • talk to someone about my feelings • talk to my partner to see how we can help each other • play soothing music • call a friend or family member to come help run the vacuum • gently massage their tummy or back • take a shower or bath soothe them with motion — hold them close or use a stroller, exercise do housework sway back and forth, or try going for a drive if you're feeling • write down the 5 best things about myself • write down the 5 best things about my baby • entertain them — point out objects, offer a mirror or book for • do an activity or hobby like a crossword puzzle or reading distraction • use positive self-talk, like "I can calm myself" and "my baby • sing, read or talk softly knows I am trying" put them in a baby swing take care of myself — get enough sleep, nap when I can, and give them a warm bath have snacks if I can't make a full meal encourage them to suck, such as using a soother arrange regular childcare for rest — seek experienced, trusted • reduce the noise and light around them help, and accept offered assistance • check with a health care provider to see if they're sick or in pain Other ideas to calm myself... Other ideas to soothe my baby...

It's okay to ask for help. I can call the following contacts anytime during the day

if I need help:

Scan the QR codes with your smartphone

(Watch our video - When your baby can't stop crying



Learn more about newborn crying



I can call Health Link at 811 to get health advice from a nurse anytime, 24 hours a day.

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