

# 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...	To soothe my baby, I can...
<ul style="list-style-type: none"> <li>• gently put my baby where they'll be safe, like their crib, and leave the room</li> <li>• close my eyes and take deep breaths</li> <li>• count to 100</li> <li>• cry if I need to — caring for a crying baby can feel overwhelming</li> <li>• listen to music</li> <li>• talk to someone about my feelings</li> <li>• talk to my partner to see how we can help each other</li> <li>• call a friend or family member to come help</li> <li>• take a shower or bath</li> <li>• exercise</li> <li>• do housework</li> <li>• write down the 5 best things about myself</li> <li>• write down the 5 best things about my baby</li> <li>• do an activity or hobby like a crossword puzzle or reading</li> <li>• use positive self-talk, like "I can calm myself" and "my baby knows I am trying"</li> <li>• take care of myself — get enough sleep, nap when I can, and have snacks if I can't make a full meal</li> <li>• arrange regular childcare for rest — seek experienced, trusted help, and accept offered assistance</li> </ul> <p><b>Other ideas to calm myself...</b></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p>	<ul style="list-style-type: none"> <li>• check what they may need — are they hungry, wet, bored?</li> <li>• make them as comfortable as possible — not too hot or cold</li> <li>• feed them slowly and burp them often</li> <li>• try to hold them in different positions like cuddling skin-to-skin, against my chest, in a carrier or sling, or tummy down across my lap</li> <li>• change their diaper</li> <li>• take them for a walk</li> <li>• play soothing music</li> <li>• run the vacuum</li> <li>• gently massage their tummy or back</li> <li>• soothe them with motion — hold them close or use a stroller, sway back and forth, or try going for a drive if you're feeling calm</li> <li>• entertain them — point out objects, offer a mirror or book for distraction</li> <li>• sing, read or talk softly</li> <li>• put them in a baby swing</li> <li>• give them a warm bath</li> <li>• encourage them to suck, such as using a soother</li> <li>• reduce the noise and light around them</li> <li>• check with a health care provider to see if they're sick or in pain</li> </ul> <p><b>Other ideas to soothe my baby...</b></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p> <p><input type="checkbox"/> _____ <input type="checkbox"/></p>

## It's okay to ask for help.

**I can call the following contacts anytime during the day if I need help:**

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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.**