



soothe  
sing softly  
dance slowly  
massage gently  
and relax with your baby

# Handle *with* Care.

## Never Shake a Baby.

Abusive Head Trauma (AHT) is a serious head trauma that can result when a frustrated or angry caregiver shakes a child, usually to stop them from crying. Shaking a baby for any reason can cause severe brain and spinal cord damage, blindness, and even death. In fact, AHT accounts for the largest percentage of death due to Non-accidental Trauma (NAT). Please spread the word and help prevent this tragedy. Share the 20 Tips to Soothe Your Crying Infant, shown to the right. You can also call the Child Help Hotline:

**Child Help Hotline (a free call):  
1-800-422-4453**

For more information, please contact:

- **NMSBVI Early Childhood Programs**  
Andrea Montano at 505-331-9952  
email: [AndreaMontano@nmsbvi.k12.nm.us](mailto:AndreaMontano@nmsbvi.k12.nm.us)  
or Zelfa Sandoval Sweeney: 505-263-3505  
email: [zelfasandovalsweeney@nmsbvi.k12.nm.us](mailto:zelfasandovalsweeney@nmsbvi.k12.nm.us)
- **University of New Mexico Hospital**  
(505) 272-1959 ~ Kathy Lopez-Bushnell  
<http://hospitals.unm.edu/shakenbaby/>
- **National Center on Shaken Baby Syndrome**  
[www.dontshake.org](http://www.dontshake.org)      [www.purplecrying.info](http://www.purplecrying.info)

**Help prevent Non-Accidental Trauma.**



**NEW MEXICO SCHOOL FOR THE  
BLIND & VISUALLY IMPAIRED  
NON-ACCIDENTAL TRAUMA AWARENESS PROGRAM**

**1-855-764-6380**

[WWW.NMSBVI.K12.NM.US](http://WWW.NMSBVI.K12.NM.US)

Information Card Designed by NMSBVI PrintShop

Revised August 2019

## 20 Tips to Soothe Your Crying Infant *Courtesy of the National Center on Shaken Baby Syndrome:*

1. Feed your baby. Hunger is often the main reason a baby cries.
2. Burp your baby. Gas can be very uncomfortable.
3. Swaddle your baby in a lightweight blanket.
4. Give your baby a lukewarm bath, under supervision.
5. Massage your baby gently on back, arms, or legs.
6. Give your baby a pacifier. (Use sparingly!)
7. Make eye contact with your baby and smile.
8. Kiss your baby.
9. Lightly kiss the bottom of your baby's feet.
10. Sing Softly. Lullabies were created because of their effectiveness at calming crying babies.
11. Reassure your baby with soft words like "it's ok." (This can help comfort both you and your baby during a difficult crying episode.)
12. Hum in a low tone against your baby's head.
13. Run a vacuum cleaner to create distracting "white noise."
14. Run the dishwasher; more comforting "white noise."
15. Take your baby for a ride in the car, with baby secure in a rear-facing car seat in the back seat.
16. Rocking with your baby in a rocking chair can be very relaxing for you both.
17. Push your baby in a stroller.
18. Place your baby in a baby swing for a slow, rhythmic motion.
19. Place your baby underneath a lighted mobile.
20. Dance Slowly... and relax!

The list above is not an all inclusive list, as there are many other things you can try to calm your baby's crying. Remember... while many of these techniques will work most of the time, nothing works all the time and that's okay; this does NOT mean there's anything wrong with you or your baby! If you start to become frustrated, it's time to put your baby down in a safe place, walk away for a few minutes, and calm yourself down a bit.