



TAKE A BREAK...
Don't Shake
(Help Us Prevent SBS)

Babies and Crying

Taking care of an infant can be challenging.

No one likes to hear a baby cry. It is irritating and frustrating.

Crying is the only way babies communicate their needs.

Why is your baby crying?

Some babies cry when they are hungry, tired or wet.

A fever or illness can make an infant more fussy.

Sometimes they just want to be held. Check these basic needs and try to make the baby comfortable.

**REMEMBER, IT'S OK FOR BABIES
TO CRY; IT'S NORMAL AND WON'T
HURT THEM!**

How to cope with your baby's crying:

If you have tried to calm your crying baby but nothing seems to work, it is important to stay in control of your temper. Here are some tips to help you with these frustrating moments when your baby won't stop crying:

- Put the baby in a safe place, like a crib or playpen and leave the room for a while.
- Check on the baby every 10-15 minutes.
- Listen to music, watch TV, exercise or just relax.
- Call a relative or friend. They may offer advice or watch the baby for a while.

All parents get stressed at one time or another. Be sure to set aside some time for yourself. It's important to take care of your needs, as well as your baby's, so you will be able to handle the most stressful situations.

Tell Everyone You Know...

NEVER, NEVER SHAKE A BABY!

This program is sponsored by University of New Mexico Children's Hospital Shaken Baby Syndrome Project

Childline:
1 – 800-932-0313
24-hours toll-free to report
suspected child abuse and neglect.

National Child Abuse Hotline:
1(800)422-4453 or 1(800)4-A-Child
1(800)222-4453 or 1(800)2-A-Child TDD
A 24-hour crisis hotline offering support,
information, literature, and referrals.
The hotline counselors work with translators
who speak 140 languages to help people who
call and speak something other than English.
All calls are anonymous.
(The hotline counselors don't know
who you are and you don't have to tell them.)

Nurse Advice:
Local: (877)725-2552
Long Distance: (888)231-2367



NEVER SHAKE A BABY

Shaking a baby can cause
blindness, permanent brain
injury — even death.

Please, **NEVER SHAKE A
BABY!**