



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

Handle *with* Care.

Never Shake a Baby.

Shaken Baby Syndrome is a serious head trauma inflicted 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. 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:
1-800-4-A-CHILD (a free call)

For more information, please contact:

- **NMSBVI Early Childhood Program**
1-800-437-3505 ext. 4441 ~ Philip Schweigert
www.nmsbvi.k12.nm.us
- **University of New Mexico Hospital**
(505) 272-1959 ~ Kathy Lopez-Bushnell
<http://hospitals.unm.edu/health/sbs/index.shtml>
- **National Center on Shaken Baby Syndrome**
www.dontshake.org www.purplecrying.info

Help prevent Shaken Baby Syndrome.



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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.