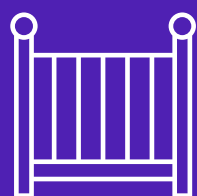


Key tips for all caregivers—

Crying

Babies can cry for hours and still be healthy and normal. A crying baby may be hungry, need a diaper change, or be overly tired.

Don't shake or squeeze the baby!



If you are frustrated, it is OK to leave the baby safely in a crib



5 Ways to soothe a crying baby:

1. Swaddling
2. Holding them on their side
3. Shushing or playing white noise
4. Bouncing
5. Offer a pacifier

Signs you may need to take a break:

1. Clenched jaw
2. Feeling hot in the neck or face
3. Trembling
4. Heart racing



Get calm:

1. Put the baby down
2. Practice breathing
3. Self talk

