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

12 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



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