

After the Storm Tips for Parents



All babies cry. Crying is the most effective way for babies to communicate their needs. If you are unable to calm your baby, you may begin to feel frustrated, angry, helpless, and distressed. No matter how you feel, always be gentle with your baby. Never shake an infant or child. Shaking a baby can cause injury or even death.

How can I get help?

Call the Childhelp National Child Abuse Hotline 1-800-4-A-CHILD



A plan for when your baby cries

Here are some suggestions on how to calm your baby, as well as yourself, when he or she is crying.

- Try to find the reason your baby is crying.** Make sure all of your baby's basic needs (food, diapers, warmth, etc.) are met. Also, check for signs of sickness or pain, like fever or diaper rash.
- Comfort your baby.** Try rubbing your baby's back, gently rocking your baby, giving him or her a pacifier, singing, or talking to your baby to soothe crying.
- Take a walk or a ride.** Take your baby for a walk in a stroller or a ride in a car **if it is safe to go out.** Always place your baby in a secure child safety seat in the back seat of the car.
- Take a time-out.** Take a minute, relax, and calm down to reduce the stress you feel.
- Talk with someone.** Talk with a good friend or family member about how you feel. This will give you a break and help you calm down.

For more information visit

<http://www.cdc.gov/ncipc/dvp/CMP/default.htm>.