



Babies Cry

BE PREPARED

IT IS NORMAL TO NEED SUPPORT

Two people to call when I am feeling overwhelmed or need help:

_____ () _____ - _____
_____ () _____ - _____

If you are concerned about your baby's crying or think someone has hurt your baby, call your clinic:

() _____ - _____



For more information about the Prevention Board visit: www.preventionboard.wi.gov
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BE PREPARED



CHILD ABUSE & NEGLECT
Prevention Board

CRYING IS NORMAL

Babies may cry:

- Daily for up to 6 hours
- More each day up to 3 months of age
- More in the afternoon and evening
- No matter what you try

HELPING YOUR BABY

- See if your baby is hungry or needs a diaper change
- Calmly hold your baby close
- Rock, walk, or talk with your baby
- Gently rub your baby's tummy or head
- Listen to music, running water, or some other white noise

STAYING CALM

- It is normal to feel worried, frustrated, or angry
- Remind yourself that you are a good caregiver
- Take deep breaths
- Place your baby in a safe place and walk away for a few minutes, checking on your baby regularly

Make sure everyone who cares
for your baby has this information.



WHEN TO WORRY

Call 911 or go to the emergency room right away if your baby shows any of these signs:

- Difficulty breathing or turning blue
- Convulsions or seizures
- Change in level of awareness
- Bruising on the skin or whites of eyes
- Bleeding from the mouth

Bruising on babies is never normal.

Never shake your baby

Never put your hands on your baby if you are angry

Never give your baby any medicine or natural remedies without talking to your doctor