



## HOW TO CALM A CRYING BABY

### Check physical needs first:

- Is the baby hungry?
- Thirsty?
- Need to be burped?
- Too hot or too cold?
- Dirty diaper?

### Check for signs of illness/fever:

If you think the baby may be sick, seek medical attention immediately.

### I will make a plan

Make a conscious decision to never shake a baby. Creating a plan for coping with the crying can help.



Use the reverse side of this door hanger to make your plan. Keep it handy for you and others who care for your child, or visit [CalmACryingBaby.org](http://CalmACryingBaby.org)

### Discuss Your Plan

Talk to your baby's caregivers about the best way to calm your baby.



## NEVER SHAKE A BABY

Keep this as a reference for everyone who cares for your baby.

## SHAKEN BABY SYNDROME PREVENTION

Become a part of the solution. Take a moment to stand with us against the most preventable form of child abuse. Together, we can ensure every child is safe from the danger of shaking.

To learn more about how to calm a crying baby and more about Shaken Baby Syndrome, visit [calmacryingbaby.org](http://calmacryingbaby.org).

There is always someone close at hand when you call Children's Hospital Colorado's ParentSmart Healthline. Caring pediatric nurses are available 24/7 to answer your questions. Call ParentSmart Healthline at 720-777-0123.



### Fussy Baby Network® Colorado

All babies cry, but some cry more than others. Fussy Baby Network Colorado is a program for parents who have concerns about their baby's fussiness during the first year of life. The Fussy Baby team is available to talk by phone via our "Warmline" to listen and to provide support and resources.

Call 877-6-CRYCARE (1-877-627-9227) or visit [FussyBabyNetworkColorado.org](http://FussyBabyNetworkColorado.org)

### Noticing Child Abuse or Neglect Isn't Always Easy. Calling Is.

The Colorado Child Abuse and Neglect Hotline is designed to provide one, easy-to-remember toll-free phone number for individuals to use statewide to report suspected child abuse and neglect. Call the hotline at 1-844-CO-4-Kids or 1-844-264-5437.



**IN THIS MOMENT I WILL ASK FOR HELP.**

Prevent Shaken Baby Syndrome

**IN THIS  
MOMENT  
I WILL REMEMBER  
SHE'S JUST A BABY.**

## It is normal for babies to cry and it is normal to feel frustrated when they won't stop.

Sometimes, in the moment, you might feel like you're going to lose control. **In that moment, do not shake the baby.** No matter how bad it gets or how tired and frustrated you feel, shaking the baby, putting the baby down roughly or throwing the baby is never the answer. Instead, calm yourself and calm your baby.

### WHY DO BABIES CRY?

Babies communicate by crying. They cry to tell you that they:

- Are hungry or thirsty
- Are tired
- Are uncomfortable
- Need their diaper changed
- Feel ill or have gas
- Are scared or lonely
- Are frustrated
- Are teething
- Need to be burped
- Are colicky

Some babies cry before bed or naptime. Sometimes the answer is as simple as feeding the baby or changing a diaper. But other times, the crying seems to go on forever and nothing works to stop it. It is normal for some babies to cry for several hours each day.

**CalmACryingBaby.org**

### WHAT HAPPENS WHEN YOU SHAKE A BABY?

No one plans to shake a baby, but doing it, even for a second, can cause serious injury or even death.

**Shaken Baby Syndrome** is a serious type of brain injury that can occur when an infant or toddler is violently shaken. Babies' neck muscles aren't strong and don't provide much support for their large heads. When someone forcefully shakes a baby, the baby's brain repeatedly strikes the inside of the skull, injuring the brain.

**Shaking a baby—or any other type of violent behavior—is a serious form of child abuse with serious consequences for both the child and the adult.**

## MAKE A PLAN.

Know what to do and not do when your baby is crying. When you feel frustrated, overwhelmed or angry:

### 1 Choose a Calming Technique

- Swaddle the baby
- Use "white noise" or rhythmic sounds like a vacuum cleaner or washing machine
- Offer a pacifier
- Sing or talk to the baby
- Gently swing or rock the baby
- Put the baby in a car seat and take a ride in the car
- Take the baby for a walk in the stroller
- Hold the baby close and breathe calmly and slowly

### 2 Choose a Coping Technique

- Call the doctor for support or medical advice
- Call a friend or relative for support
- Have someone come over and give you a break
- Put the baby in a safe place like a crib, close the door, and check back when you're calm

Try each of the above for a few minutes before trying something else. **If nothing seems to work, it is okay to leave the baby in a safe place, like a crib or infant seat, and take time to calm down.** Leave the room. Shut the door. Take a few deep breaths. Call a friend or family member.

### Who will you call when you need help?

Name/Phone: \_\_\_\_\_

Name/Phone: \_\_\_\_\_

**For more information, visit [CalmACryingBaby.org](http://CalmACryingBaby.org)**

**Shaking a baby can cause severe brain damage, blindness, hearing loss, learning problems, seizure disorders, cerebral palsy, paralysis and even death.**