

Why your baby might cry

Is your baby:

- hungry?
- tired?
- needing to burp?
- overwhelmed?
- needing their diaper changed?
- uncomfortable?
- not feeling well?

Soothing tips

- Take your baby for a walk or ride in the car.
- Hold your baby close to you with skin-to-skin contact.
- Walk and sing with your baby.
- Give your baby a warm bath.

Write in your own ideas:

Even when you've tried everything, sometimes your baby will cry no matter what you do.

This is normal and you are still a good parent.



- Tell everyone who might care for your baby about the possible increase in crying.
- Tell them infant crying is normal and can be frustrating.
- Talk about the dangers of shaking a baby.
- Tell them it is OK to put the baby down safely and take a break.
- Tell them it is OK to call you if they are worried or if it is too frustrating.



Protection, Advocacy & Outreach Program
(206) 987-3400

www.seattlechildrens.org/cryinghelp



The Family Help Line offers parent coaching and information, referrals to community services and parent support.

1-800-932-HOPE (4673), toll-free in WA State.
www.parenttrust.org



Strengthening Families
Department of Children, Youth, and Families
Children's Trust Fund of Washington

<https://www.dcyf.wa.gov/about/government-community-engagement>

To preview or order copies of the Have a Plan video series for new parents, visit:
<http://www.parenttrust.org/web-store/videos/>

To learn more about the Period of PURPLE Crying, visit: www.purplecrying.info

No matter what,
NEVER SHAKE A BABY.

Crying Can Be Frustrating!



And, no matter what,
NEVER SHAKE A BABY.

Is your baby crying?

Are you frustrated?
It's normal.



Healthy babies can cry a lot in the first five months of life.

It can be helpful to know:

- At about 2 weeks of age, babies start to cry more.
- The peak of crying is around 2 to 4 months of age.
- Babies can still be healthy even if they cry up to 5 hours a day.
- There will be times you won't be able to soothe your baby.
- This period of increased crying will end.

Have your baby checked by your doctor if you are worried.

No matter what,
NEVER SHAKE A BABY.



All babies cry... it's normal.

A crying baby can be very stressful.

A plan may help you stay calm if you've tried everything and your baby is still crying.

Take care of yourself so you can take care of your baby.

Which of these calming activities will be part of your plan?

- Breathe.** Take some deep breaths to help reduce feelings of anger and tension.
- The 10-foot rule.** Gently lay your baby down on her back in a safe place and walk 10 feet away until you are calm.
- Talk to someone.** Call a friend or relative who will listen and be caring.
- Listen to music.** Put on soothing music to calm yourself or your baby.
- Learn more** about this phase in your baby's life. Go to www.purplecrying.info.



If you need help, call:
Parent Trust Family Help Line
1-800-932-HOPE (4673)

If you are at a breaking point, call:
911

Why shaking a baby is so dangerous

1. Adults are much bigger and stronger than babies.
2. Babies have weak neck muscles and their brains are still developing.
3. If shaken, a baby's brain bounces around inside the skull causing severe bleeding and swelling.

Signs a baby may have been shaken:

- **Trouble sucking or swallowing**
- **Decreased appetite**
- **Trouble sleeping**
- **Increased fussing or irritability**
- **Difficult to wake**
- **Vomiting**



If you think that your baby has been shaken, don't wait.
Call 911.