

My Baby's Crying Plan

All babies cry, some more than others. It's important to have a **CRYING PLAN** that you can be followed when the crying starts.

Check my baby's basic needs:

- Is it time to eat? Does baby need to burp?
- Is it time for a diaper change?
- Is baby too hot? Too cold?
- Are there any signs my baby is sick (fever, vomiting)? Seek medical care if you have concerns .

Try soothing my baby:

- Hold baby close and rock
- Offer a pacifier (don't force).
- Swaddle with a blanket.
- Play soft music or a quiet sound.
- Take baby for a walk in a stroller or a ride in a car seat.

Sometimes my baby enjoys:

If my baby is not sick or hurt, but continues to cry, remember:

- It is more important to **STAY CALM** than to stop the crying.
- It is ok to put my baby in a **safe place** (crib, infant seat) and let baby cry while you take a break or call someone for help.
- It is **NEVER OK TO SHAKE OR HARM A BABY**. This can cause severe injuries or permanent damage.
- Baby isn't crying to get back at you.

Calm yourself, so you can calm baby safely:

- Go outside for fresh air.
- Take several deep breaths.
- Read or listen to music.
- Wash your face or take a shower.
- Exercise for a few minutes.

My friends or family have agreed to be on my baby's **CRYING PLAN**.

PEOPLE TO CALL FOR HELP WHEN MY BABY CRIES:

Name: _____

Phone: _____

Name: _____

Phone: _____

Doctor: _____

Phone: _____

My number: _____

Together we can keep
my baby safe

I will choose my baby's caregivers wisely:

Before leaving my baby with anyone, ask myself these questions:

- Does this person want to watch my baby?
- Have I had a chance to watch this person with my baby before I leave?
- Is this person good with babies?
- Has this person been a good caregiver to other babies?
- Will my baby be in a safe place with this person?
- Have I gone over my **CRYING PLAN** with this person?

I will **NOT** leave my baby with anyone who:

- Is impatient or annoyed when my baby cries.
- Says my baby cries too much.
- Says I spoil my baby when I hold or care for my baby.
- Will become angry if my baby cries or bothers them.
- Might treat my baby roughly because they are angry with me.
- Has a history of violence.
- Has lost custody of their own children because they could not care for them.
- Uses drugs or alcohol when caring for children.



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