

# Babies cry. It's not your fault. So be prepared!

## How to Calm a Crying Baby

### Check physical needs first:

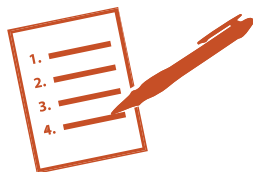
- Is the baby hungry?
- Thirsty?
- Need to be burped?
- Too hot or too cold?
- Diaper dirty?

### Check for signs of illness or fever:

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

### Make Your Plan

Make a conscious decision to never shake a baby and have a plan to cope with the challenge of crying. Use the Babysitter Basics form to note what calms your baby. Then keep it handy for everyone who cares for your child.



### Discuss Your Plan

Talk with everyone who cares for your baby about the best ways to calm your baby. Make sure they know they can call you for help.

If you are caring for someone else's child, talk with parents about their plan and what works best to calm their baby. Discuss what steps you will take to deal with the baby if he or she won't stop crying. Commit to the parents, the baby, and to yourself that you will call someone for help if you get too frustrated.



**Remember, you can always put the baby down in a safe place and walk away for a few minutes.**

# Babysitter Basics

## We'll be at:

Location: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

We'll be home by: \_\_\_\_\_ : \_\_\_\_\_  am  pm

## How to reach us:

Main Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Alternative Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Emergency Information:

Neighbor/Friend: \_\_\_\_\_

Doctor: \_\_\_\_\_

Hospital: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Our kids:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Medical Info: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Medical Info: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Medical Info: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Medical Info: \_\_\_\_\_

## Notes:

**Crying happens.** To deal with crying, please try this plan:

### 1. Choose a Calming Technique

- Swaddle the baby
- Offer a pacifier or toy
- Sing or talk to the baby in a soothing voice

### 2. Try another Calming Technique

- Gently swing or rock the baby
- Take the baby for a walk in the stroller
- Hold the baby close and breathe calmly

### 3. Choose a Coping Technique

- Call us at one of the phone numbers listed above
- Call a friend or relative for support
- Put the baby in the crib, close the door, and check back when you're calm
- Take a deep breath

### 4. Add Your Own Solution \_\_\_\_\_

**If you are feeling overwhelmed, it's always OK to call us!**

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

KOHL'S SHAKEN BABY SYNDROME PREVENTION CAMPAIGN PARTNERS

