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

1. **Try a Calming Technique**
   - Swaddle the baby
   - Offer a pacifier or toy
   - Sing or talk to the baby in a soothing voice

2. **Try a Connecting Technique**
   - Gently swing or rock the baby
   - Take the baby for a walk in the stroller
   - Hold the baby close and breathe calmly

3. **Try 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

While you were gone, this Little Connection happened

If you feel overwhelmed, it’s always okay to call!

To learn more about the importance of little connections and lifelong foundations visit: **1000wayswecare.org**.