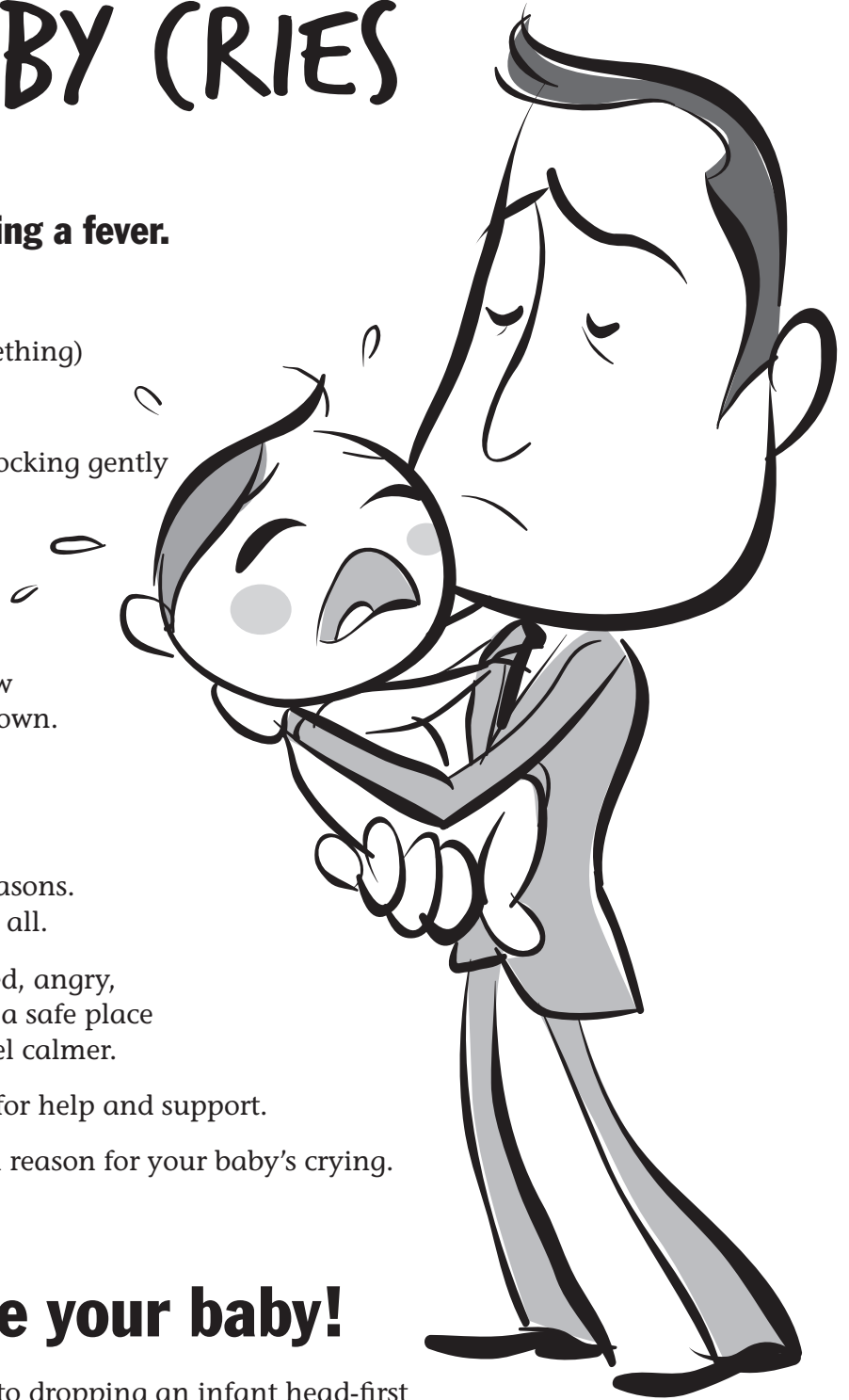


WHAT TO DO WHEN BABY CRIES

Check to see if the baby is hungry, in need of a diaper change, or running a fever. If the baby is still crying try:

- Giving the baby a pacifier (chilled for teething)
- Wrapping the baby snugly in a blanket
- Holding the baby close and walking or rocking gently
- Gently patting the baby on the back
- Taking the baby for a ride in the stroller
- Singing or talking softly to the baby
- Laying the baby down in its crib for a few minutes to see if he'll calm down on his own.



The baby is STILL crying.

It's not your fault. Babies cry for many reasons. Sometimes it seems they cry for no reason at all.

Give yourself a break. If you feel frustrated, angry, or like you're losing control, put the baby in a safe place and walk away for a little while until you feel calmer.

Call a friend, family member or neighbor for help and support.

Call a doctor if you think there's a medical reason for your baby's crying.

Call 800-CHILDREN (800-244-5373)

But never, ever shake your baby!

Jerking or violently shaking a baby is equal to dropping an infant head-first onto a hard surface from a height of ten feet. It can cause permanent brain damage, blindness, and in some cases even death.

Don't let anyone shake your baby! Have your babysitter, or anyone caring for your child, sign the agreement on the back of this page.



2008 Virginia Coalition for Child Abuse Prevention

No permission is needed to duplicate this page for educational purposes.

1-800-552-7096 Virginia Child Abuse Hotline (language line available)

Caregiver Agreement

My baby's safety is in your hands

Thank you for taking care of _____. My child means the world to me and is a joy to be with. Sometime though, when _____ is crying or fussy, it can be frustrating. That is why I would like you to read over the following tips about how to cope with crying.

Things to check for:

Make sure all the baby's basic needs are met.

- ✓ Is the baby hungry?
- ✓ Does the baby need to be changed?
- ✓ Is the baby too hot or cold?
- ✓ Is the baby uncomfortable? (i.e. lying on an object, etc.)

Check for a fever or other signs of teething or illness.

Things to try:

- ✓ Giving the baby a pacifier (chilled for teething)
- ✓ Wrapping the baby snugly in a blanket
- ✓ Holding the baby close and walking or rocking gently
- ✓ Gently patting the baby on the back
- ✓ Taking the baby for a ride in the stroller
- ✓ Singing or talking softly to the baby
- ✓ Laying the baby down in its crib for a few minutes to see if he'll calm down on his own.

What if nothing seems to work?

Call me at this number: _____ or call **800-CHILDREN (800-244-5373)** for help.

Put the baby in its crib, make sure the baby is safe, and close the door. You can check in on the baby every 5-10 minutes.

Remember, **never, ever shake a baby!** Shaking a baby is very dangerous and can cause permanent brain damage, blindness, or even death.

Thank you for reading the above information. Now, please sign the agreement below.

I _____ have read the above information and feel comfortable about what I should do if the baby starts to cry. I agree to never, ever shake _____.

Signature: _____

Date: _____

