



**As a new parent, you probably want to cry every time your baby does.**

Be reassured – crying is a normal part of babyhood, and as you get to know your newborn, you'll begin to understand what may be causing the tears, or at least have a better idea of how to make your son or daughter feel better.

***Until then, try these tips:***

- Check your baby's diaper and make sure he is dry and comfortable.
- Consider the last time you fed her and check whether she is hungry.
- Hold your baby close and sing to him.
- Walk her back and forth and talk softly to her.
- Gently rub his tummy in case he has gas.

- Place her on your shoulder and gently pat her back to burp her.
- Sometimes babies are simply sleepy and need to be rocked to sleep or laid in their cribs for a nap.
- Sometimes they aren't feeling well. If you think this may be the case, especially if your baby has a fever or other unusual symptoms, call your doctor.

**It's important to NEVER shake your baby. This can cause serious injury or death.**

If you're feeling stressed, afraid or frustrated, leave the baby in the care of a trusted adult and take a few minutes to calm down. Remind yourself that you love your baby, you're a good parent, and that eventually, the tears will go away.



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