



**TAKE A BREAK...**  
**Don't Shake**  
(Help Us Prevent SBS)

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### ***Babies and Crying***

Taking care of an infant can be challenging.

No one likes to hear a baby cry. It is irritating and frustrating.

Crying is the only way babies communicate their needs.

### ***Why is your baby crying?***

Some babies cry when they are hungry, tired or wet.

A fever or illness can make an infant more fussy.

Sometimes they just want to be held. Check these basic needs and try to make the baby comfortable.

**REMEMBER, IT'S OK FOR BABIES  
TO CRY; IT'S NORMAL AND WON'T  
HURT THEM!**

### ***How to cope with your baby's crying:***

If you have tried to calm your crying baby but nothing seems to work, it is important to stay in control of your temper. Here are some tips to help you with these frustrating moments when your baby won't stop crying:

- Put the baby in a safe place, like a crib or playpen and leave the room for a while.
- Check on the baby every 10-15 minutes.
- Listen to music, watch TV, exercise or just relax.
- Call a relative or friend. They may offer advice or watch the baby for a while.

All parents get stressed at one time or another. Be sure to set aside some time for yourself. It's important to take care of your needs, as well as your baby's, so you will be able to handle the most stressful situations.

Tell Everyone You Know...

### **NEVER, NEVER SHAKE A BABY!**

This program is sponsored by University of New  
Mexico Children's Hospital Shaken Baby  
Syndrome Project

Childline:  
1 – 800-932-0313  
24-hours toll-free to report  
suspected child abuse and neglect.

National Child Abuse Hotline:  
1(800)422-4453 or 1(800)4-A-Child  
1(800)222-4453 or 1(800)2-A-Child TDD  
A 24-hour crisis hotline offering support,  
information, literature, and referrals.  
The hotline counselors work with translators  
who speak 140 languages to help people who  
call and speak something other than English.  
All calls are anonymous.  
(The hotline counselors don't know  
who you are and you don't have to tell them.)

Nurse Advice:  
Local: (877)725-2552  
Long Distance: (888)231-2367



## **NEVER SHAKE A BABY**

Shaking a baby can cause  
blindness, permanent brain  
injury — even death.

Please, **NEVER SHAKE A  
BABY!**