

CRYING!

WHAT CAN I DO?

WAYS TO SOOTHE THE BABY:

- SWADDLE THE BABY IN A WARM BLANKET
- PRODUCE WHITE NOISE... RUN THE VACUUM OR THE DISHWASHER
- LAY THE BABY ACROSS YOUR LAP AND GENTLY RUB HIS BACK
- GET SOME FRESH AIR... GO OUTSIDE FOR A WALK
- CHECK THE BABY'S DIAPER
- SNUGGLE THE BABY CLOSE TO YOUR CHEST AND WALK

WAYS TO SOOTHE YOURSELF:

- GET PLENTY OF SLEEP
- EXERCISE REGULARLY
- EAT RIGHT
- TAKE A BREAK
- CALL A FRIEND OR FAMILY MEMBER TO TALK
- HAVE A COPING PLAN

IT'S IMPORTANT TO REMEMBER THAT THESE TIPS WON'T WORK WITH EVERY BABY EVERY TIME. SO TRY, TRY AGAIN UNTIL YOU FIND WHAT WORKS FOR YOU, AND IF YOU NEED HELP, ASK FOR IT.

NEVER SHAKE A BABY!