

TIPS FOR COPING WITH YOUR *Crying Baby*



THINK

Consider basics (Time for a feeding, diaper change, burping, or a nap?)



SOOTHE

If the basics are covered, try soothing (e.g., swaying, gentle bouncing, vibrating baby seat, car ride, take a walk outside with a stroller or carrier, white noise, pacifier, swaddling).

Give each technique at least 5 minutes to work before moving on to the next. Don't take it personally if soothing doesn't work, it's not your or your baby.

MOST IMPORTANTLY



REST

Call a trusted friend or family member to relieve you when your energy is low, take turns with your spouse while the other takes a walk or a shower, or take a 5 minute break in a separate room from your baby. It is OK to walk away from your baby when you need a break! (Be sure your baby is in a safe place such as their crib when you leave the room.)



REMIND + REWARD

Remind yourself you are an amazing, loving parent. Care for yourself with rewards like warm baths or a massage-- you need it!

HELPLINES + RESOURCES

Never feel ashamed to ask for help. It takes a village to raise a baby!

24-Hour Parent Helpline: 1-888-435-7553
Crying Baby Hotline: 1-866-243-2229
Fussy Baby Warmline: 1-888-431-BABY

