

# INFANT CRYING



Learn about crying and how you and others caring for your baby can stay calm when your baby cries.

## INFANT CRYING CAN BE STRESSFUL

It does not mean that you are a bad parent or caregiver.

## INFANT CRYING IS NORMAL

Check your baby's needs: hunger, stomach gas, pain, diaper, warmth, or illness.

## FEELING OVERWHELMED IS NORMAL

You can place your baby in a safe place, on their back, and leave the room to calm yourself.

## SUPPORT CAN HELP

Call or text someone you trust. Just letting someone know you're overwhelmed can help.



It's okay to walk away if you are beginning to feel frustrated.

Having a plan can be helpful to stay calm. **Use the back of this card to create one.**



# MY PLAN FOR WHEN MY BABY CRIES IS:

## THINGS I CAN DO TO CALM MY CRYING BABY



- Feeding
- Burping
- Cuddling
- Walking around
- Swaddling
- Rocking
- Singing to them
- Changing diaper

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## THINGS I CAN DO TO CALM MYSELF



- Calling a friend
- Eat a snack
- Exercise
- Go outside
- Deep breathing
- Listening to music
- Get a drink of water

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## PEOPLE I CAN REACH OUT TO FOR SUPPORT

### It's okay

to put your baby in a safe place, on their back, and leave the room to calm yourself.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Pediatrician \_\_\_\_\_ Phone \_\_\_\_\_

For free anonymous help finding supports you may need in your community, call **(406) 430-9100**.