

## Infant Crying

Infant crying is normal;  
some babies cry a lot.

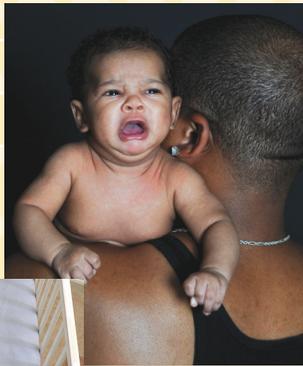
## If Crying Is Getting To You...

Stop

Relax

Take a Break

**Never ever  
shake, slam or  
throw a baby**



## Safe Sleep

Infants can die when they  
are not sleeping safely.

## A Baby Sleeps Safest When He Or She Is...

**A**lone

On His or Her **B**ack

In a **C**rib

**Parent Helpline 1-800-CHILDREN  
(1-800-342-7472)**

**From anywhere in New York State, 24 hours  
a day, 7 days a week, in English & Spanish**

## Program Coordination

Contact Information



Downstate Region  
**Maria Fareri  
Children's Hospital  
at Westchester  
Medical Center**  
(914) 493-7235



Upstate Region  
**Kaleida Health  
Women and  
Children's  
Hospital of Buffalo**  
(716) 878-7441

## About The Program

**Safe Babies New York** is a statewide effort to educate all parents about normal infant crying, stress management and safe sleep. Women & Children's Hospital of Buffalo, a Kaleida Health Facility, and Maria Fareri Children's Hospital at Westchester Medical Center in Valhalla are the leadership for this program. All hospitals in New York State have the opportunity to participate in this important initiative.



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**Safe  
Babies  
New York**

**SAFE SLEEP**  
**Coping with Crying**  
Managing **STRESS**  
*A Guide for Parents*

## Understanding Infant Crying

### *Why Is This Important?*

Babies may cry when they are hungry, lonely, tired, or need a diaper change. While crying is a normal part of every baby's day, it may mean that your baby is sick or in pain. If you think this is the case, it is important to contact your pediatrician.

Taking care of a baby can be exhausting and stressful at times. "Losing it" can happen to anyone, especially when a baby has been crying a lot.

**Abusive Head Trauma** (also known as "Shaken Baby Syndrome") can occur when an adult loses control and may shake, slam or throw a baby. This can lead to serious injuries, but can be entirely preventable.

## If Crying Is Getting To You...

### Stop

Place the baby in a comfortable and safe place where you can regularly check on him, such as a stationary or portable crib, and walk away. It is okay to let your baby cry while you calm down. Crying will not cause brain damage or harm to your baby in any way.

### Relax

Step outside for a couple of minutes or go into another room where the crying is not so loud. Sit down and take ten deep breaths. Listen to music, read or do something physical.

### Take A Break

If possible, call a trusted friend, neighbor, or family member to help you for a while.

## Tips To Soothe A Crying Baby

- Rub her back or stroke her head as you count slowly.
- Let him listen to a repeating or soothing sound.
- Change her scenery. Take a stroll outside.
- Gently rock him in your arms or walk with him against your shoulder.
- Hum or sing to her.
- Try a pacifier, or help him find his thumb to suck on.
- Put her in a car seat and take a car ride.
- Carry him in a 'Snuggly'.

## Safe Sleep

### *Why Is This Important?*

Infants can die when they are not sleeping safely. Follow the **ABC's of Safe Sleep** and reduce the incidence of these tragic deaths.

### **A**lone

1. **ALONE** means a separate sleep space:
  - NO Adults
  - NO Siblings not even a **Twin**
  - NO Pets
2. Your baby's sleep space should not be shared, not even with you.
3. NO pillows/blankets/bumpers/toys/stuffed animals. These can suffocate your baby.

### On The **B**ack

1. Placing your baby on his or her back is the safest sleep position.
2. Tummy and/or side sleeping is not recommended.
3. NO pillows/rolled blankets/wedges for elevation or propping.
4. If you believe your baby requires a different sleeping position, discuss this with your pediatrician.



### In A **C**rib

1. Cribs provide a clean, firm, clutter-free surface for a baby to sleep.
2. A firm mattress designed for the crib provides a safe sleep surface that will not interfere with your baby's breathing.
3. If using a hand-me-down crib make sure to check that it meets safety requirements. Check the Consumer Product Safety Commission ([www.cpsc.gov](http://www.cpsc.gov)).
4. Never allow your baby to sleep on a couch or chair. This poses a risk of blocking the baby's airways and/or trapping him or her in a dangerous position.