



# 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!**

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UPSTATE NEW YORK  
**SHAKEN BABY  
SYNDROME**

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This program is sponsored by  
The Children's Hospital of Buffalo  
Medical Staff and The Buffalo  
Pediatric Society and is supported  
by the Pediatricians of WNY.