

## Tips for Coping with your Crying Baby

**Breathe:** Take a moment to collect yourself, take a deep breath, know that you and your baby are going to be OK.

**Think:** Consider basics (Is it time for a feeding, diaper change, burping, or nap?)

**Soothe:** Try soothing (swaying, gentle bouncing, vibrating baby seat, car ride, walk outside in stroller or baby 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 you or your baby's fault.

**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 shower, or take a 5 minute break in a separate room from your baby. It's 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:** Remind yourself you are an amazing, loving parent.

**Reward:** Care for yourself with rewards such as warm baths or a massage – you need it.

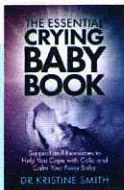
Colic helpline: Never feel ashamed to ask for help. It takes a village to raise a baby!

24-Hour Parent Helpline: 1-888-435-7553

Crying Baby Hotline: 1-866-243-2229

Fussy Baby Warmline: 1-888-431-BABY

**Be sure to consult with your pediatrician to ensure your baby's crying is not related to any underlying medical conditions.** Talk to your doctor, family or friends about how you are feeling. Don't bear the emotional burden alone.



Key information and support books for parents available on Amazon.com:

**The Essential Crying Baby Book**

**The Essential Crying Baby Workbook**