



A crying baby
can be
stressful.



Ask for help
when you need it.



HOW TO COPE WITH A CRYING BABY

Step Back, Stop and Think!

If you have made all the obvious checks (hunger, change, thirst) and your baby just won't stop crying, try:

- Another feed – your baby may still be hungry.
- Offer your baby a dummy.
- If you are feeling calm, rock your baby close to your chest so the baby can feel your heart beating.
- Sing or talk to your baby.
- Gently rub or massage your baby.
- Take your baby for a walk in the fresh air.
- Wrap your baby in a small soft sheet so the baby feels secure and try to settle your baby in a dark and quiet place.

Remember...
no matter how
upset you feel,
shaking your baby is
just not the deal!

Asking for help is a sign of coping.

Mensline 1300 78 99 78
www.mensline.org.au

Health Direct Australia 1800 022 222
www.healthdirect.org.au

For more information, or to view an animated film, visit the Shaken Baby Prevention website

**[www.chw.edu.au/parents/
kidshealth/crying_baby](http://www.chw.edu.au/parents/kidshealth/crying_baby)**