

# Babies Cry. This is My Crying Plan! (Share it with anyone who cares for your baby)

## My Baby's Name Is:

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**All babies cry**, some more than others. **Crying is a baby's language.** When my baby cries she may be lonely, scared, tired or he may cry for no reason that we can figure out. So if my baby cries these are some things to try:

### 1 **First, check my baby's physical needs.**

- Is she hungry?
- Does he need to burp?
- Is her diaper dirty or wet?
- Is he too hot or too cold?
- Are there any signs of sickness? (vomiting or fever) Seek medical care immediately, if there are concerns.



### 2 I have checked the **Calming Techniques** that work best for my baby. (Please mark your choices.)

- Swaddling
- Use of "white noise"
- Gently swing or rock her
- Take him for a stroller ride
- Place her in a car seat and go for a car ride
- Breast feeding and/or skin to skin holding
- Other: \_\_\_\_\_

Sometimes when nothing else works, **my baby really enjoys:** (Please complete with your best solutions.)

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**It is more important to stay calm than it is to quiet the baby.** Sometimes babies cry for no apparent reason. When this happens, feeling frustrated is normal. **Never Shake a Baby!**

### 3 **To calm yourself try:**

- Going outside for fresh air
- Taking several deep breaths
- Counting to 100
- Washing your face or taking a shower
- Exercise. Do sit ups or walk up and down stairs a few times

### 4 Also try using some of the following **Coping Techniques:**

- Put the baby down in a safe place like a crib, and check back when I am feeling calm
- Call a friend or neighbor
- Call the doctor if crying lasts over 3 hours
- Other: \_\_\_\_\_

**I will call** the following people, if I need help. The first name on my list is my friend or neighbor. (Please list the first name and phone number)

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**I commit to keeping my baby safe.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

