



INFANT CRYING



Learn about crying and how you and others caring for your baby can stay calm when your baby cries.



It's okay to walk away if you are beginning to feel frustrated.

INFANT CRYING CAN BE STRESSFUL

It does not mean that you are a bad parent or caregiver.

INFANT CRYING IS NORMAL

Check your baby's needs: hunger, stomach gas, pain, diaper, warmth, or illness.

FEELING OVERWHELMED IS NORMAL

You can place your baby in a safe place, on their back, and leave the room to calm yourself.

SUPPORT CAN HELP

Call or text someone you trust. Just letting someone know you're overwhelmed can help.

Having a plan can be helpful to stay calm! Use the back of this card to create one!



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MY PLAN FOR WHEN MY BABY CRIES IS:



THINGS I CAN DO TO CALM MY CRYING BABY



- Feeding
- Burping
- Cuddling
- Walking Around
- Swaddling
- Rocking
- Singing to them
- Changing Diaper

THINGS I CAN DO TO CALM MYSELF



- Calling a friend
- Eat a snack
- Exercise
- Go outside
- Deep breathing
- Listening to music
- Get a drink of water

PEOPLE I CAN REACH OUT TO FOR SUPPORT

It's okay

to put your baby in a safe place, on their back, and leave the room to calm yourself.

Name	Phone
_____	_____
Name	Phone
_____	_____
Pediatrician	Phone
_____	_____

For free anonymous help finding supports you may need in your community, call (406) 430-9100.



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