

## Parenting is Hard Work

April 2010

# Parenting *Rules!*

### Coping with a Crying Baby....

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Trying to sooth a crying baby can be one of the most stressful and frustrating experiences for a parent. Babies cry to let you know they are hungry, uncomfortable, need to be changed or are sick. Sometimes babies cry just to exercise their lungs. Remember, your baby isn't crying just to make you miserable or angry; this is the only way he or she knows how to communicate a need.

**NEVER, EVER shake a baby to get them to stop crying!!**  
Even mild shaking can cause serious brain injuries!

When your baby won't stop crying, try some of these coping strategies:

- Feed and change the baby
- Check to make sure clothing isn't too tight or a tag isn't scratching him/her
- Rock, walk and dance with the baby
- Take the baby for a ride in a car seat or stroller
- Swaddle the baby snugly in a soft, warm blanket
- Offer the baby a rattle or other toy that makes noise
- Give the baby a pacifier
- Massage the baby's body and limbs gently



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- Lay the baby tummy down on your lap and gently pat his/her back
- Check for signs of illness like a fever or rash
- Call a trusted friend or relative to take over for a while so you can rest
- If nothing works, put the baby gently in the crib and leave the room. Check back on the baby every 10-15 minutes.

**Share this information with everyone that cares for your baby.**

### **Women & Infants Infant Behavior, Cry and Sleep Clinic**

50 Holden Street First floor Providence, RI 02908

401-453-7697

[www.womenandinfants.org/body.cfm?id=835&action=detail&ref=138&limit\\_facility=7](http://www.womenandinfants.org/body.cfm?id=835&action=detail&ref=138&limit_facility=7)

### **Parent Support Network of Rhode Island**

1395 Atwood Avenue, Suite 114, Johnston, Rhode Island 02919

401-467-6855

[www.psnri.org](http://www.psnri.org)

### **National Center for Shaken Baby Syndrome Prevention**

2955 Harrison Blvd #102, Ogden, UT 84403

1-888-273-0071

[www.dontshake.org](http://www.dontshake.org)

### **ABOUT PARENTING RULES! E-NEWS...**

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**Prevent Child Abuse**  
Rhode Island



Rhode Island  
**Family & Children's Trust Fund**

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Please share this information  
with the families in your  
programs. Thank you!