

NEVER shake a baby

Because babies have weak neck muscles and heavy heads, even a few seconds of strong shaking can cause serious damage to babies and small children.



Shaking a baby in a moment of frustration can cause blindness, brain damage or death.

Although it won't usually hurt to play with an infant, parents and caregivers should always think about how easily an infant's brain can be hurt. Always support an infant's head and neck. Even small harm to a baby's brain can cause lifelong problems.

It's okay to ask for HELP

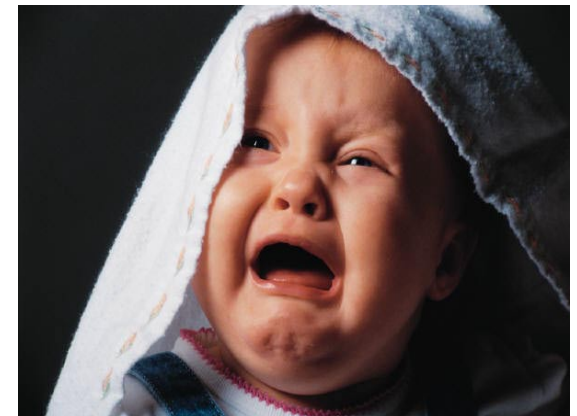
Who can help?

- family
- friends
- family doctor
- parent groups
- public health nurse
- midwife

Call your local health unit for resources in your community.

Bella Bella	(250) 957-2308
Bella Coola	(250) 799-5722
Gibsons	(604) 886-5600
Pemberton	(604) 894-6939
Powell River	(604) 485-3310
Sechelt	(604) 885-5164
Squamish	(604) 892-2293
Whistler	(604) 932-3202

Crying Baby



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For more copies, go online at <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. **GK.500.C889**

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www.vch.ca

Sea to Sky,
Sunshine Coast, Powell River,

Why do babies cry?

Sometimes it is easy to figure out why a baby is crying. Sometimes it is not. Crying is normal and some babies cry more than others. Babies cry because they are hungry, need a diaper change or want to be comforted. Sometimes babies cry because they just need to release some energy of their own.

Crying is an irritating sound. It is supposed to be. If it was a pleasant sound, crying would be easy to ignore and the baby's needs would not be met.

Crying may mean that your baby is not feeling well. If you are worried, take the baby to a doctor.

Crying does not mean your baby is being bad or that the baby is angry with you.

If the crying is for a long time or louder than usual, or the baby has a fever or is vomiting, go to the hospital or health clinic.



What can you do when your baby won't stop crying?

There is no magic answer that works all of the time with every baby. You may have to try several things before you find out what works best for you and your baby.

Snuggle the baby close to your chest

- your heartbeat may comfort the baby

Check the baby's diaper

- keep the baby clean and dry

Feed the baby slowly and burp the baby often

- gas in the baby's tummy can be painful. For feeding concerns consult with a public health nurse.

Wrap the baby in a soft blanket

- keep the baby warm and comfortable but not too hot

Provide some soft music or other relaxing sounds

- you can try humming or singing a lullaby
- the sound of the vacuum cleaner, clothes dryer or dishwasher sometimes calms a baby
- offer a favourite blanket or soft toy while cuddling the baby

Provide gentle motion

- walk with or rock the baby
- use a baby swing if you have one
- take the baby for a walk in a stroller
- some babies like to go for a car ride (be sure the baby is safely secured in an infant car seat)

Let the baby "cry it out"

- before your emotions get out of control, gently place the baby in a safe place and leave the room
- take a 15 minute break to give yourself a chance to calm down
- letting the baby cry for a few minutes is not harmful

Find someone to help you

- call a friend or relative you can trust
- it is important to get away from the baby if you think you might lose control
- it is just as important to be sure the baby will be safe while you are gone

YOU ARE NOT ALONE!

Many caregivers and parents become frustrated and angry when caring for a crying baby.

Remember, it is more important to stay calm than to stop the crying.