

Tips for Tears

- | | |
|--|---|
| • Check for hunger | Check for hunger |
| • Check for burping | Check for burping |
| • Check for diaper | Check for diaper |
| • Check for illness | Check for signs of gas
Gently rock the baby |
| • Check for signs of gas | Gently rock the baby |
| • Gently rock the baby | Walk the baby |
| • Walk the baby | Talk softly to the baby |
| • Talk softly to the baby | Try a pacifier |
| • Try a pacifier | Place the baby in a safe place
and take a time out for a short period of time |
| • Place the baby in a safe place
and take a time out for a short period of time | Call for help |
| • Call for help | For prevention and parenting information resources, call 1-800-CHILDREN
Visit www.pcain.org for more information about Prevent Child Abuse Indiana.
To report abuse please call 1-800-800-5556 |
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Tips for Stress	
Take deep breaths	Take deep breaths
Go for a walk	Go for a walk
Talk with a friend	Talk with a friend
Briefly remove yourself from the situation	Briefly remove yourself from the situation
Exercise regularly (check with your doctor)	Exercise regularly (check with your doctor)
Eat a balanced diet	Eat a balanced diet
Do activities that you enjoy	Do activities that you enjoy
Simplify your life as much as possible	Simplify your life as much as possible
-learn to remove negative thoughts	-learn to remove negative thoughts
Avoid smoking, alcohol, caffeine & drugs	Avoid smoking, alcohol, caffeine & drugs
Take time for yourself	Take time for yourself
Join a support group	Join a support group

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Prevent Child Abuse
Indiana[™]
A Division of The Villages
A Chartered State Chapter of Prevent Child Abuse America

www.pcain.org

1/19

- Tips for Stress**
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 - Do activities that you enjoy
 - Modify your life as much as possible to remove negative thought
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