



# ALL BABIES CRY

## CRYING IS NORMAL

Babies cry, a lot, and it's normal. How parents and caregivers deal with the crying is important. It is never acceptable to shake a baby, which can lead to serious, even fatal injuries. Consider the following ideas to avoid Shaken Baby Syndrome/Abusive Head Trauma and care for babies in a safe and nurturing manner.

### TIPS TO CALM YOUR BABY

Check  
for  
hunger.

Check for a  
dirty  
diaper.

Call a  
doctor if  
the baby  
seems sick.

Take the  
baby on a  
walk or a  
drive.

Hold or  
gently rock  
the baby.

Offer a  
pacifier

Talk softly or  
play  
soothing  
music.

Check to see  
if the baby is  
gassy.

## TAKE CARE OF YOURSELF

- **Calm Down:** Take deep breaths and count to 20.
- **Safe Outlets:** Exercise, talking to someone, or have a good cry.
- **Relaxation:** Listening to music, read, or watch TV.
- **Ask for Help:** Let a trusted person take over for a while.
- **Reach Out:** Call your doctor, a friend, or a relative for support.

## EDUCATE YOURSELF

**Shaken Baby Syndrome/Abusive Head Trauma** occurs when someone shakes a child forcefully. Even mild shaking can result in severe injuries or death.

### REMEMBER

Crying doesn't hurt a baby...  
SHAKING does! If you suspect a child has been shaken, go to the nearest emergency room immediately.

### LEARN MORE

Scan the QR or visit our website.  
[www.pcaain.org](http://www.pcaain.org)

