

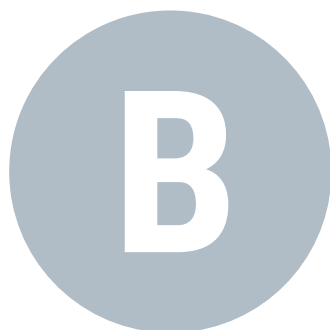


## CRYING IS NORMAL

Parenting a newborn baby is one of the most rewarding and challenging things you will ever do. Almost nobody feels prepared the first time they become a parent, particularly of a newborn. The following information may help to understand what is natural and expected of newborn babies and what a parent or caregiver can do to care for them in a healthy and nurturing manner. Crying is a normal and expected behavior for all babies. It is how they communicate they have a need. Keep in mind the following acronym:



**ALL**



**BABIES**



**CRY**

Just because we know that all babies cry doesn't mean it won't become frustrating or even overwhelming for parents or caregivers to manage. This guide is offered to help prevent accidental injury or even death to babies as a result of Shaken Baby Syndrome.

## EDUCATE YOURSELF

**What is Shaken Baby Syndrome/Abusive Head Trauma?** Shaken Baby Syndrome/Abusive Head Trauma happens when a baby is shaken forcefully, causing severe injuries like brain damage, blindness, or even death. Babies 3 to 6 months old are most at risk.

### TIPS TO CALM A CRYING CHILD

**Basic Needs:**

Ensure the baby isn't hungry or needs a diaper change.

**Health Check:**

If the child seems unwell, consult a doctor.

**Movement:**

Take the baby for a walk in a stroller or a car ride.

**Comforting Positions:**

Hold the baby upright against your shoulder.

**Sucking:**

Help the baby suck on a pacifier or thumb.

**Rocking:**

Gently rock the baby in your arms.

**Soothing Sounds:**

Talk softly, sing, or play soothing music.

**Gas Relief:**

Check if the baby has gas and try to alleviate it.

## TAKE CARE OF YOURSELF

- Take deep breaths.
- Exercise or talk to someone.
- Listen to music, read, or watch TV.
- Ask someone you trust to help.

**It truly does “take a village” to raise a child.**

Creating a support system to help support you and your child is essential. If possible, plan ahead and identify key people that you can depend upon to help when things with your baby become overwhelming. A strong individual asks for help when needed. Your baby will thank you!



TOGETHER, PREVENTION IS POSSIBLE.



## SPREAD THE WORD

- Share this guide with others.
- Educate babysitters and caregivers who may care for your infant.
- Support friends and family with babies.

### REMEMBER:

Crying doesn't hurt a baby... SHAKING does! Never, Ever Shake a Baby! If you suspect a baby has been shaken, go to the emergency room immediately. For more info, contact Prevent Child Abuse Indiana. Sharing knowledge helps protect children.



## PREVENTION & RESOURCES

*Studies show that through family education and support programs, the cycle of abuse and neglect can be stopped. Programs that provide support, information and early interventions are the best ways to help abusive parents and families at risk of abuse.*



### INFO AND RESOURCES

For more prevention and parenting information, and resources, visit our website at [www.pcain.org](http://www.pcain.org), call **1.800.CHILDREN** (1.800.244.5373), or call the **2-1-1 Hotline**.



### REPORT CHILD ABUSE

To report child abuse and neglect, please call **1.800.800.5556**



### SUPPORT OUR EFFORTS

Help support our statewide efforts to prevent child abuse and neglect by purchasing a Kids First License Plate. Visit your local BMV or [www.in.gov/dcs/2456.htm](http://www.in.gov/dcs/2456.htm) for more info.

TOGETHER, PREVENTION IS POSSIBLE.