



Babies Cry

BE PREPARED

IT IS NORMAL TO NEED SUPPORT

Two people to call when I am feeling overwhelmed or need help:

_____ () _____ - _____
_____ () _____ - _____

If you are concerned about your baby's crying or think someone has hurt your baby, call your clinic:

() _____ - _____



For more information about the Prevention Board visit: www.preventionboard.wi.gov
This brochure serves as the required parental advisory form under Wis. Stats. §253.15.
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BE PREPARED



CRYING IS NORMAL

Babies may cry:

- Daily for up to 6 hours
- More each day up to 3 months of age
- More in the afternoon and evening
- No matter what you try

HELPING YOUR BABY

- See if your baby is hungry or needs a diaper change
- Calmly hold your baby close
- Rock, walk, or talk with your baby
- Gently rub your baby's tummy or head
- Listen to music, running water, or some other white noise

STAYING CALM

- It is normal to feel worried, frustrated, or angry
- Remind yourself that you are a good caregiver
- Take deep breaths
- Place your baby in a safe place and walk away for a few minutes, checking on your baby regularly

Make sure everyone who cares
for your baby has this information.

 [fiveforfamilies.org](https://www.fiveforfamilies.org)



WHEN TO WORRY

Call 911 or go to the emergency room right away if your baby shows any of these signs:

- Difficulty breathing or turning blue
- Convulsions or seizures
- Change in level of awareness
- Bruising on the skin or whites of eyes
- Bleeding from the mouth

Never shake your baby

Never put your hands on your baby
if you are angry

Bruising on babies is never normal