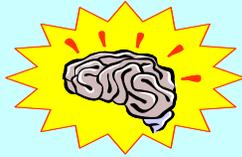


No matter how upset or
angry you feel ...

DO NOT SHAKE THE BABY!

A baby's brain is fragile and
easily injured inside the
infant's skull!

Shaking a baby
can cause:



- ◆ Brain Damage
- ◆ Hearing Loss
- ◆ Learning Problems
- ◆ Seizures
- ◆ Cerebral Palsy
- ◆ DEATH

**Never hold or pick up a
baby or toddler when you
feel angry.**

Please let the baby cry it out
rather than shaking or punishing
the baby. The constant crying will
stop when the baby gets older.

**Be sure to tell EVERYONE who
takes care of your child NEVER to
shake him or her for ANY reason.**

Not even for a second!



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, M.D., Secretary

Call for help!

Maryland Family Stress Hotline
The Family Tree
1-800-243-7337
www.FamilyTreeMd.org

Child Help USA
1-800-4-A-CHILD
www.ChildHelpUSA.org

Brought to You by
The Maryland Department of Health and
Mental Hygiene

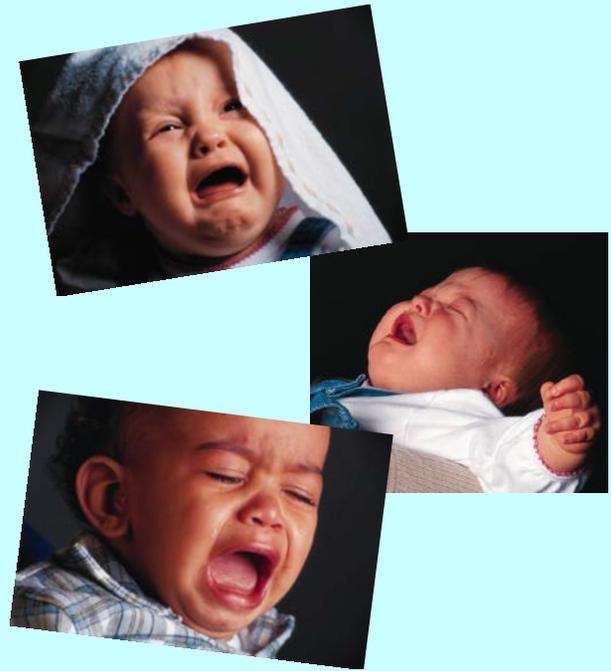
Family Health Administration
Center for Maternal and Child Health
201 West Preston Street, Room 309
Baltimore, Maryland 21201
410-767-6713
1-877-4MD-DHMH (463-3464)
Fax 410-333-5233 May

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations.

The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

May 2011

When Your Baby Won't Stop Crying



Important Facts To Help You Cope

Information was adapted from
Baltimore County Department of Health
Injury Prevention Program

Your Partners in Prevention

No one likes to listen to a baby cry for a long time. It is very stressful.

Some babies cry a lot when they are:

- ⊗ WET
- ⊗ HUNGRY
- ⊗ TIRED



Some cry when they want company ~ often when you are busy or want to sleep! Feeding or changing them may help, but even that doesn't work sometimes.

If your baby won't stop crying there may be a medical reason.



Take your baby to the doctor to see if he or she can find a reason for the crying.

Some babies have "colic." These babies sometimes cry for a long time. "Colicky" babies often pull their legs up to their chest over and over. They will grow out of it soon.



NEVER NEVER NEVER SHAKE a Baby!

If you feel like

SHAKING a baby:

★ STOP!

- ★ Sit down, close your eyes, and take 20 deep breaths.
- ★ GENTLY place the baby in a safe place, like a crib, and leave the room for a few minutes.
- ★ Don't pick the baby up until you feel calm.
- ★ Find someone you know and trust to watch the baby for a while.
- ★ Take an "adult" time out.

Have a plan!

Try these when your baby keeps on crying:

- ♥ Check the baby's diaper.
- ♥ Check if the baby is hungry or thirsty.
- ♥ Talk to the baby calmly.
- ♥ Gently hug and cuddle the baby.
- ♥ Gently rub the baby's back.
- ♥ Sing to the baby or play gentle music.
- ♥ Take the baby for a walk.
- ♥ Give the baby a soothing bath.



♥ **Take some deep breaths; you are doing the best you can!**

- ♥ Take the baby for a ride in the car. Please be sure to put the baby in a child safety seat.



- ♥ If you feel tired and upset, call someone you and the baby know well for help. Ask them to watch the baby so that you can take a break.



Go ahead and take a break but never, never, never shake!