



**My life is in
your hands...
please don't
shake me”**



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**Health Connections:
905-546-3550**

How to cope when your baby can't stop crying

When your baby can't stop crying, it can become frustrating and stressful. Remember, it's more important to stay calm than it is to stop the baby crying.

What you can do:

- Make a plan to cope with the crying
- Take deep relaxing breaths
- Listen to music
- Count to 100
- Have a good cry or scream into a pillow
- Use positive self-talk, like "I am a good parent, I can get through this"
- Call someone for help
- If there is no one who can help, put your baby in a crib and walk away for a few minutes

Tips to care for yourself:

N.E.S.T.S



Nutrition: Eat nutritious foods throughout the day



Exercise: Get regular exercise



Sleep and Rest: Sleep and rest whenever able



Time for self: Make time for self a daily goal



Support: Ask for help and use your support network

Never shake a baby! Shaking can damage your baby's brain and may cause death.

If you need help with coping, call your Health Care Professional or Telehealth Ontario 1-800-797-0000



Hamilton