

don't  
**shake**  
us....



you  
might  
break  
us!

Prevent Child Abuse.



**Children's Trust Fund**

*Protecting Michigan's Children*

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# Calming a Crying Baby

- Make sure the baby is not ill. Check for fever, swollen gums, or any other indications of illness or injury. If these signs are present, call the baby's physician or seek immediate medical attention. Give the baby proper care based on the doctor's recommendations.
- Check to see if the baby needs to be fed, changed, or made comfortable.
- Gently rock or walk with the baby.
- Take the baby for a ride in a stroller, or in a car seat in the car.
- Put the baby in a wind-up swing.
- Put the baby in a snugly, soft sleepsack that will keep the baby warm but will not bunch around the face like a regular blanket.
- Check to make sure that the baby's clothing is not too tight or that the fingers or toes are not bent.
- Sometimes increasing sound in the baby's room is calming. Try turning up the music on the stereo or adding other consistent rhythmic noise, such as a ceiling fan.
- Talk or sing quietly to the baby.
- Offer the baby a safe, noisy toy. Shake or rattle the toy.
- Lay the baby tummy down on your lap and gently run or pat the baby's back to help relax him or her. Remember to always support the baby's head and neck.
- Show a child love and concern by gently holding and cuddling him or her.
- Call a friend or a relative you trust to take over, while you take a break.
- If nothing else works, put the baby in his or her bed, close the door to the room, and turn on a television or the radio. Check on the baby frequently. The baby may just go to sleep. Remember that infants should always be placed on their backs to sleep. Placing an infant on his or her back may help prevent Sudden Infant Death Syndrome (SIDS).