

Tips for Calming a Crying Baby

Things to try:

- ◆ Feed baby slowly and burp often
- ◆ Make sure baby's diaper is dry
- ◆ Give baby a warm bath
- ◆ Dim lights and lower noise level
- ◆ Play soft music, sing or talk to baby in a calm voice
- ◆ Hold baby close and rock gently
- ◆ Take baby for a car or stroller ride
- ◆ Call a friend or relative you trust
- ◆ Put baby in a crib or bassinet and take a break
- ◆ **NEVER SHAKE OR HIT A BABY**
- ◆ Call **1-800-4-ACHILD**,
24 hours/day