

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 (1-800-422-4453)

CRISIS RESOURCES

First Call for Help

Available 24 hours per day, 7 days per week
838-4428 or 1-877-678-4428 (toll free)
TDD 624-0004

Vanessa Beehan Crisis Nursery

535-3155

YWCA Domestic Violence

24-hour Crisis line 326-2255

Poison Control

1-800 222-1222

COUNSELING/FAMILY SUPPORT SERVICES

All accept medical coupons or are free

Catholic Charities242-2308

Children's Home Society747-4174

Family Service Spokane838-4128

Lutheran Community Services747-8224

Men's Issues533-8547

NATIVE Project325-5502

St. Joseph Family Center483-6495

SCAN458-7445

**Support for Parents
Overcoming Challenges**483-4478

Spokane Mental Health458-7458

TDD624-0004

YWCA Domestic Violence (free)326-1190 x139

Who's Watching Your Baby?



It's one of the most important decisions you can make.



1101 West College Avenue
Spokane, WA 99201-2095

509.324.1500 | TEL

509.324.1464 | TDD

www.srhd.org



Friends, family members,
caregivers, neighbors...

Choosing a babysitter...



Your child is counting on you to choose a safe babysitter

Did you know that shaking a baby could cause blindness, hearing loss, retardation, paralysis and even death!

Statistics show that the person who most often injures the baby is either the father of the baby or mother's boyfriend.



It might be difficult or embarrassing to talk about these things with the person who will be watching your child, but it's important for your child's safety!

Be sure to call and check on your child while you are away.

- Does the sitter have a history of violence, anger control problems, child abuse or animal abuse?
- Do they have an alcohol or substance abuse habit?
- Ask how she/he handles crying, especially long, hard crying.
- Ask how much experience he/she has in caring for children the same age as your child.
- When the babysitter is upset or frustrated, what does he/she do about it?
- Do they know infant & child CPR & first aid?
- Do they know how to recognize when your child is sick?
- Ask how they would handle difficult situations like refusing to nap, or crying that won't stop.
- If they've cared for other children, ask for references and check them out.
- Do a police background check.
- Watch to see if your child is handled gently and lovingly by your babysitter.
- Watch to see if your child acts fearful, sick, injured or distressed after they've been with the babysitter.
- Try to limit the number of babysitters to no more than 3 different people.
- Ask yourself, "Do I really trust this person with my child?"

For your babysitter...

NEVER shake a baby or child. It can cause injury and death.

It's OK to call me, or someone else for help if you are overwhelmed, upset, angry or frustrated.

How to reach me: _____

Emergency numbers: _____

My child likes to be calmed and comforted by:

My child's usual routines for eating , naps, diaper changes, etc. are:

