



**C**rying is the most common reason why a baby is shaken. The caregiver may become frustrated and loses control. Shaking a baby can cause serious injuries or even death.

***Ways to cope with crying:***

- When you feed your baby, do it slowly and burp him/her often.
- Hold the baby against your chest and walk or rock gently; offer a pacifier.
- Take your baby for a ride in a stroller or car or place in a baby swing.
- Wrap your baby in a blanket and place in a safe location such as a crib or playpen and go into another room.
- Call a family member, neighbor, friend or parenting hotline to talk or ask for help.
- Put your baby in a safe place and take a break. Do something else to reduce your stress.

*Be patient. No matter how impatient or angry you feel,*

**NEVER SHAKE A BABY.**



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