

Caring for a Crying Baby

Here are some ideas:

REMEMBER,
your baby loves you and is just
going through a tough time.

You can remind yourself "*my baby is having a hard time, not giving me a hard time*". So, take breaks when you can, ask for help when you need it. Having a plan to cope with crying can help.

Ways to soothe my baby	Ways to calm myself	When help is needed
<ul style="list-style-type: none">Change the baby's diaper.Play soothing soft music.Snuggle the baby close to your heart.Sing a lullaby or hum a song.Go for a walk with the baby.If crying does not stop, it is important to check in with a health care provider.	<ul style="list-style-type: none">Place baby in a safe place<ul style="list-style-type: none">- on their back, in a crib- and take a break.Listen to music.Close your eyes, find a quiet space and take deep breaths in through your nose.Take a warm shower.Drink a cold cup of water.	<ul style="list-style-type: none">Call a close friend, neighbor or family member.Talk to an Elder for their guidance.Call the Healthy Family Program staff in your community.Contact your community health centre or primary care clinic.

What is one thing I can do today to take care of myself?



How can I receive care today as a new parent?



What new thing did I learn about my baby today?

