

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

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?