

No matter how upset or  
angry you feel ...

## DO NOT SHAKE THE BABY!

A baby's brain is fragile and  
easily injured inside the  
infant's skull!

Shaking a baby  
can cause:



- ◆ Brain Damage
- ◆ Hearing Loss
- ◆ Learning Problems
- ◆ Seizures
- ◆ Cerebral Palsy
- ◆ DEATH

**Never hold or pick up a  
baby or toddler when you  
feel angry.**

Please let the baby cry it out  
rather than shaking or punishing  
the baby. The constant crying will  
stop when the baby gets older.

**Be sure to tell EVERYONE who  
takes care of your child NEVER to  
shake him or her for ANY reason.**

**Not even for a second!**



Robert L. Ehrlich, Jr., Governor  
Michael S. Steele, Lt. Governor  
S. Anthony McCann, Secretary

## Call for help!

Maryland Family Stress Hotline  
The Family Tree  
1-800-243-7337  
[www.FamilyTreeMd.org](http://www.FamilyTreeMd.org)

Child Help USA  
1-800-4-A-CHILD  
[www.ChildHelpUSA.org](http://www.ChildHelpUSA.org)

Brought to You by  
The Maryland Department of Health and  
Mental Hygiene

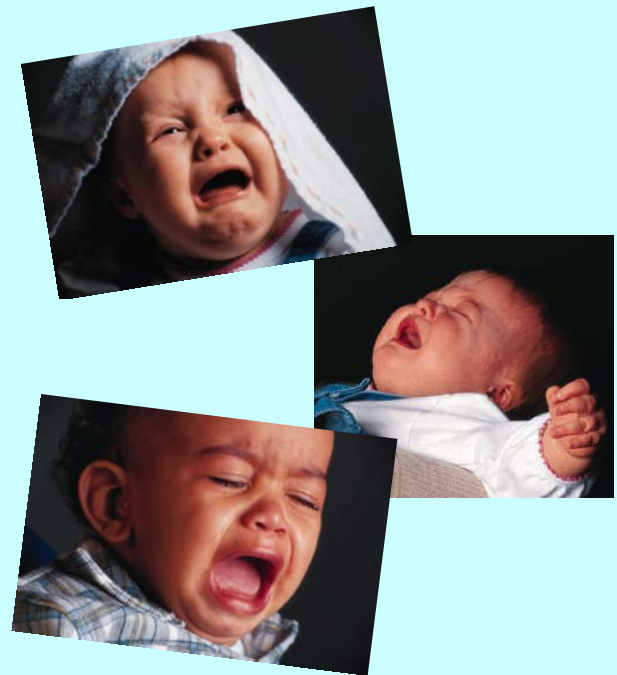
Family Health Administration  
Center for Maternal and Child Health  
201 West Preston Street, Room 317  
Baltimore, Maryland 21201  
410-767-6713  
1-877-4MD-DHMH (463-3464)  
Fax 410-333-5233

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# When Your Baby Won't Stop Crying



## Important Facts To Help You Cope

Information was adapted from  
**Baltimore County Department of Health**  
Injury Prevention Program

*Your Partners in Prevention*

## No one likes to listen to a baby cry for a long time. It is very stressful.

Some babies cry a lot when they are:

- ⊗ WET
- ⊗ HUNGRY
- ⊗ TIRED



Some cry when they want company ~ often when you are busy or want to sleep! Feeding or changing them may help, but even that doesn't work sometimes.

**If your baby won't stop crying there may be a medical reason.**



Take your baby to the doctor to see if he or she can find a reason for the crying.

Some babies have "colic." These babies sometimes cry for a long time. "Colicky" babies often pull their legs up to their chest over and over. They will grow out of it soon.



**NEVER  
NEVER  
NEVER**

# SHAKE a Baby!

**If you feel like**

# SHAKING a baby:

- ★ **STOP!**
- ★ **Sit down, close your eyes, and take 20 deep breaths.**
- ★ **GENTLY place the baby in a safe place, like a crib, and leave the room for a few minutes.**
- ★ **Don't pick the baby up until you feel calm.**
- ★ **Find someone you know and trust to watch the baby for a while.**
- ★ **Take an "adult" time out.**

## Have a plan!

### Try these when your baby keeps on crying:

- ♥ Check the baby's diaper.
- ♥ Check if the baby is hungry or thirsty.
- ♥ Talk to the baby calmly.
- ♥ Lay the baby on their tummy across your lap. Gently rub their back.
- ♥ Gently hug and cuddle the baby.
- ♥ Sing to the baby or play gentle music.
- ♥ Take the baby for a walk.
- ♥ Give the baby a soothing bath.



♥ **Take some deep breaths; you are doing the best you can!**

- ♥ Take the baby for a ride in the car. Please remember to put the baby in a child safety seat.



- ♥ If you feel tired and upset, call someone you and the baby know well for help. Ask them to watch the baby so that you can take a break.



♥ **Go ahead and take a break but never, never, never shake!**