

## **Infancy Visit #3**

- Safe Sleep
- Tummy Time
- Crying/Soothing Baby
  - Shaking Baby
- Responsive Parenting

## **Topics for Next Visit**

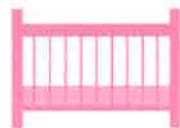
- 1 Month Growth and Development
  - PIPE: Trust Cycle
  - Baby's Brain Development
- PIPE: Playing Stimulates the Senses

# 12 Steps for Safe Sleep



## Step 1:

Back to Sleep for Every Sleep



## Step 2:

Use a Firm, Flat Safety-Approved Sleep Space



## Step 3:

Breast Milk Lowers the Risk of SUID



## Step 4:

Share Your Room, Not Your Bed



## Step 5:

Place Baby in Bare Crib



## Step 6:

Use a Pacifier to Reduce SUID Risk



## Step 7:

Avoid Smoking, Vaping, and Impairment



## Step 8:

Avoid Overheating and Swaddle Safely



## Step 9:

Keep Up With Doctor's Visits and Vaccines



## Step 10:

Research Baby Products Before Buying



## Step 11:

Practice Tummy Time



## Step 12:

Spread the Safe Sleep Message

**Practice these 12 steps for the first 12 months.**

# What Does A Safe Sleep Environment Look Like?

The image below shows a safe infant sleep environment.

Baby's sleep area is in the same room, next to where parents sleep.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

Do not smoke or let anyone else smoke around your baby.



Do not put pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area. Make sure nothing covers the baby's head.

Dress your baby in sleep clothing, such as a wearable blanket. Do not use a loose blanket, and do not overbundle.

Always place your baby on his or her back to sleep, for naps and at night.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



\* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.

# Safe Sleep For Your Baby

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.



Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



Share your room with baby. Keep baby in your room close to your bed, but on a separate surface designed for infants, ideally for baby's first year, but at least for the first 6 months.



Do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.

To reduce the risk of SIDS, women should:



Get regular prenatal care during pregnancy.



Avoid smoking, drinking alcohol, and using marijuana or illegal drugs during pregnancy or after the baby is born.



Do not smoke during pregnancy, and do not smoke or allow smoking around your baby or in your baby's environment.



Think about giving your baby a pacifier for naps and nighttime sleep to reduce the risk of SIDS.



Do not let your baby get too hot during sleep.



**Breastfeed your baby to reduce the risk of SIDS.** Breastfeeding has many health benefits for mother and baby. If you fall asleep while feeding or comforting baby in an adult bed, place him or her back in a separate sleep area as soon as you wake up.



Follow guidance from your health care provider on your baby's vaccines and regular health checkups.



Avoid products that go against safe sleep recommendations, especially those that claim to prevent or reduce the risk for SIDS.



Do not use heart or breathing monitors in the home to reduce the risk of SIDS.



Give your baby plenty of tummy time when he or she is awake and someone is watching.

For more information about the Safe to Sleep® campaign, contact us:

**Phone:** 1-800-505-CRIB (2742) | **Fax:** 1-866-760-5947

**Email:** [SafetoSleep@mail.nih.gov](mailto:SafetoSleep@mail.nih.gov)

**Website:** <http://safetosleep.nichd.nih.gov>

**Mail:** 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

**Federal Relay Service:** Dial 7-1-1

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## The Danger of an Adult Mattress

- Adult mattresses present an incredible suffocation risk for a baby.
- Memory foam, pillow top, soft, or standard adult mattresses all are dangerous for babies. **Whether the baby is bedsharing with a caregiver or sleeping alone on an adult mattress, this danger is present.**
- When a baby is placed on a soft surface to sleep, the baby sinks down and creates an indentation. This indentation creates an increased risk of suffocation and rebreathing.



Image Above: Shared with permission from Safe Infant Sleep.



# Car Seats, Swings & Other Sitting Devices

- Car seats, swings, and other sitting devices aren't safe for routine sleep.
  - **Babies may only sleep in a car seat while inside a moving vehicle. Once you remove the car seat from the car, the baby should be moved to a safe sleeping environment.**
- Babies can suffocate in these types of devices due to **positional asphyxiation**. This is when baby's head goes back too far, or forward too far and closes off their very tiny airway.
- If a baby falls asleep in a sitting device, they should be removed and placed in a safe sleeping environment as soon as possible.

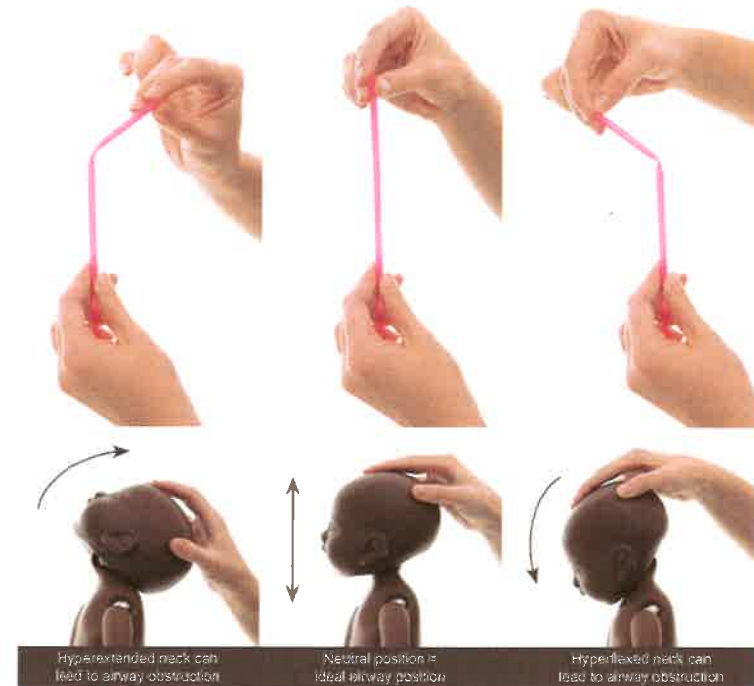
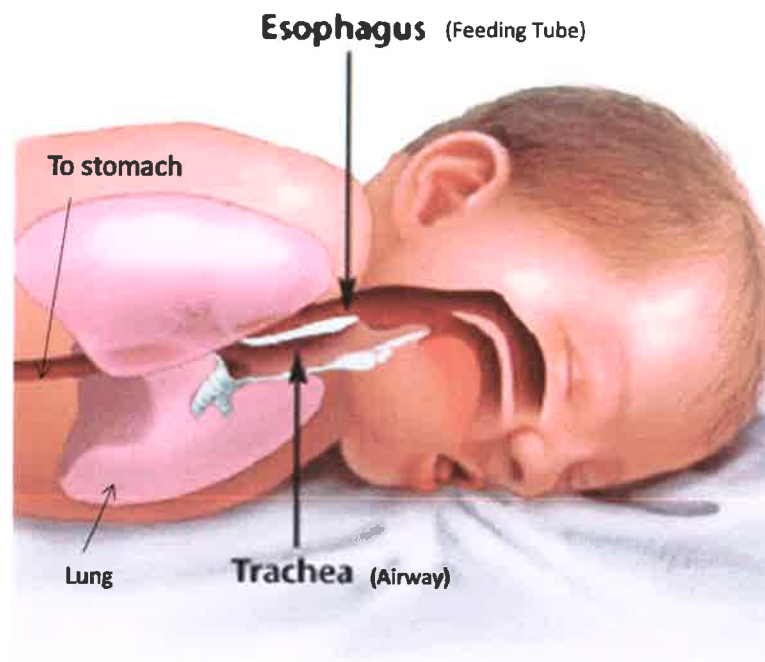
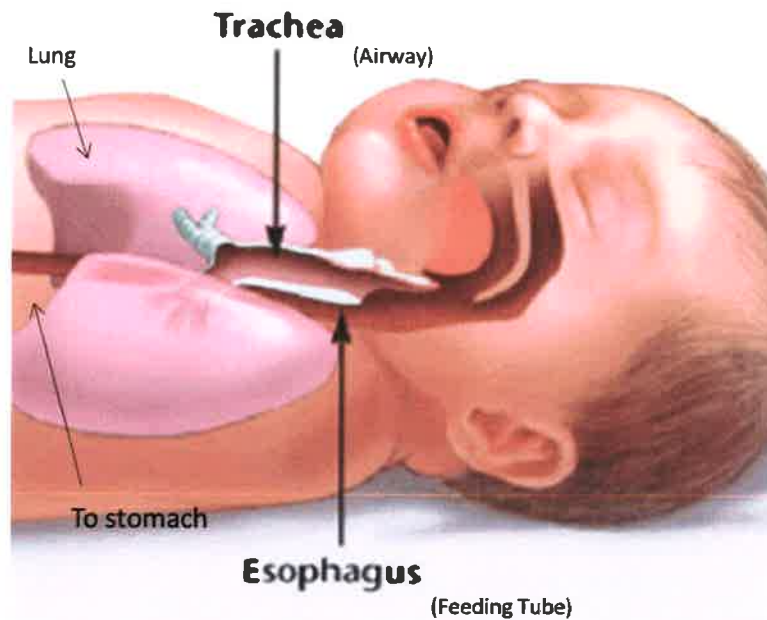


Image Credit: StandInBaby



## Won't a baby choke while sleeping on their back?



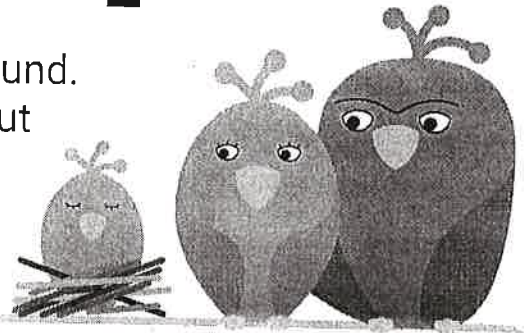
**Answer: No, that is not a risk because of our anatomy.**

See explanation on next slide.



# Steps to Safe Sleep!

These steps aren't always as simple as they sound. Talk to a doctor or nurse for help. Not sure about a step? Find out why each one matters on [giveyourbabyspace.org](http://giveyourbabyspace.org)



- ☐ Babies should always sleep on their backs, not their tummies or sides EVERY time they sleep: naptime and bedtime.
- ☐ Babies should sleep alone, in their own sleep space, not together with an adult, child, or pet.
- ☐ Babies should sleep in an empty safety-approved crib with a firm mattress and tightly fitted sheet, or a Pack 'n Play with a firm base. Never place a baby to sleep on a couch, sofa, or recliner. Don't put pillows, stuffed animals, bumpers or blankets in with baby.
- ☐ Babies should sleep where their caregiver can see and hear them. Share a room with your baby if you can.
- ☐ Babies' sleep spaces should be away from windows with cords that hang down from curtains and blinds.
- ☐ Babies can lay or cuddle with you to breastfeed and bond, but when it's time to fall asleep, or if you get drowsy, return them to their OWN sleep space.
- ☐ Babies should sleep in smoke-free homes, both where they live and where they visit. If you can, make it a rule that your home is smoke-free.
- ☐ Babies shouldn't overheat. Keep room temperature at what would be comfortable for a lightly dressed adult. If the room is cold, dress baby in an infant sleep sack right for their size and age.
- ☐ Car seats, swings, and other furniture were not made for routine, extended sleep for a baby. Don't let the baby sleep in these devices for too long, and make sure you're keeping a close watch while they do.

*Share these important safety tips with **EVERYONE** you know who cares for and about babies!*

*Try to check off as many items as possible.*



## **Baby's Sleep: Safe vs. Unsafe**

The images below show sleep environments that are **unsafe** for baby.

- ✗ Baby is not being placed on their back to sleep.
- ✗ There are loose blankets and stuffed animals in the sleep space.
- ✗ Chance of overheating is increased.



- ✗ There are loose blankets and pillow in the sleep space.
- ✗ Baby is not sleeping alone.
- ✗ Baby is not sleeping on his/her back.
- ✗ The sleep surface may not be firm enough.

# The Magic of TUMMY TIME!!

## Before You Start:

- Baby awake and alert
- Use a firm surface
- Baby should be supervised at all times

## BACK

- Posture strength
- Back strength
- Skeletal alignment

## LEGS

- Helps develop muscles for crawling

## HIPS

- Stretches/develops hips muscles

## TUMMY

- Helps with tummy issues (gas, constipation)

## HANDS

- Formation of hand arches for fine motor skills

## BRAIN

- Sensory integration
- Cognitive development
- Environmental awareness

## HEAD

- Prevents flat head syndrome (plagiocephaly)

## EYES

- Visual motor development
- Depth perception

## ARMS

- Strengthens arms for reaching and crawling

Flat spots develop when infants are on their backs in the same position for long periods of time.

Tip: Change the direction baby is facing for sleep each week

## Include in Daily Activities:

- Tummy time after burp
- Burping over parent's lap
- Tummy Massage
- Alter diaper changes
- On parent's chest
- Playing "peek-a-boo"
- Mirror play



www.babybegin.com

**Cribs for Kids**  
Helping every baby sleep safer

Graphic shared with permission from Baby Begin.

# Tummy Time

As a new parent, you are told to always put your baby to sleep on his back even when napping. Babies also need time on their tummy when awake.

## Why is Tummy Time Important?

- It prevents a flat spot on the back of baby's head
- It promotes the development of strong head, neck and upper body muscles
- Helps your baby's visual system including tracking
- Helps build strength and coordination to roll, crawl, reach and play



## When to Start Tummy Time?

As soon as baby comes home from the hospital, start with short, three to five minute sessions, two to three times per day. Gradually increase the amount of time as baby starts to enjoy tummy time.

## Tummy Time Tips

- Great time to start tummy time is after you have changed your baby's diaper.
- Spread out a clean blanket on a clear area of the floor.
- Position baby on their tummy while baby is awake and alert.
- Never leave baby unsupervised during tummy time.
- As baby gets older, place a toy within reach and engage your baby in play.

## What if Baby doesn't like Tummy Time?

Some babies do not like to be placed on their tummy at first. As you continue tummy time sessions, your baby will eventually get used to it and begin to enjoy tummy time. Placing yourself or a toy in reach of your baby can help.

## Helping Baby Go to Sleep

Babies do not know they need to go to sleep. Babies need help to relax and fall asleep.

### Ways to Help Baby Go to Sleep

- ☐ Feed baby
- ☐ Rock baby
- ☐ Putting baby in a quiet room
- ☐ Putting baby in a dim room
- ☐ Read to baby
- ☐ Sing to baby
- ☐ Giving baby a bath
- ☐ Wait until baby is in quiet sleep before putting baby in bed
- ☐ Put baby in the same place to sleep each time
- ☐ Listen to quiet music
- ☐ Put baby to sleep/nap at the same times each day

Create a sleep routine for your baby. Follow the same steps before sleeping each time. Baby starts to learn when it is time to sleep.

*Sleep routine for my baby:*

Babies like to sleep in the same place each time. They like the same mattress, temperature, light, and sounds. This helps baby relax.

*Where my baby likes to sleep:*



# Helping Baby Go to Sleep

Babies move between active and quiet sleep. They may wake about once an hour. They need help settling back into quiet sleep.

Use a Step Approach to help baby go back to sleep. Try the first step. Pause for a few seconds. See if baby goes back to sleep. If baby is still awake, try the next step. Keep trying steps until baby is sleeping.

## Step Approach to Help Baby Go Back to Sleep\*

1. Quietly stand by baby's crib.
2. Place your hand on your baby's tummy. Gently hold baby's arms.
3. Place your other hand at baby's feet. This cuddles baby in the crib.
4. Offer baby the pacifier (if you use one).
5. Talk softly to baby.
6. Stroke baby.
7. Pick up baby.
8. Rock baby.

*\* Note: The step approach will not work if baby is hungry, sick, or needs a diaper change. Be sure baby is content. Then help baby go to sleep.*



## Sleep for Babies and Children

### How much sleep does my child need?

Age	Hours of sleep needed in 24 hours
Newborns	16-20
Infants	14-16
Toddlers & preschoolers	11-14
School-age children	10-12
Teens	8-10




### Why do babies & children need so much sleep?

The brain grows and develops during sleep. During the first 2 years of life, baby's brain reaches about 70 % of adult size. Babies and children need plenty of sleep to support brain growth and keep them healthy.



## Sleep States

Babies have three stages of sleep:

<b>Drowsy</b> <ul style="list-style-type: none"> <li>• Some body and facial movements</li> <li>• Eyes open and close</li> <li>• Breathing may be irregular</li> <li>• Can be woken easily</li> <li>• May transition to sleep if soothed and it is quiet and dark.</li> <li>• Lasts about 5-15 minutes</li> </ul>	<b>Light Sleep</b> <ul style="list-style-type: none"> <li>• Some body movements</li> <li>• Eyelids flutter</li> <li>• May smile or fuss</li> <li>• Breathing may be irregular</li> <li>• Easy to awaken</li> <li>• Likely won't sleep through sounds, light, and activity around them</li> <li>• When woken, they have trouble going back to sleep</li> </ul>	<b>Deep Sleep</b> <ul style="list-style-type: none"> <li>• Few or no facial or body movements</li> <li>• Breathing is very regular</li> <li>• May make sucking movements</li> <li>• Difficult to wake</li> <li>• When woken, they go back to sleep</li> <li>• Will sleep through loud sounds and activity around them</li> <li>• Babies move from deep sleep to light sleep and back to deep sleep in cycles.</li> </ul>
 <p><b>Drowsy</b></p>	 <p><b>Active Sleep</b></p>	 <p><b>Quiet Sleep</b></p>
<p>Help transition to sleep or awaken baby. <u>For sleep</u>: comfort, encourage sucking, and leave. <u>To awaken</u>: talk to or pick up baby, change clothes or diaper.</p>	<p>Leave baby alone. Make changes only if needed by adjusting temperature or repositioning baby. After some time, baby will move into deep sleep.</p>	<p>Leave baby alone. Soft, steady noise such as a fan can help deepen sleep. After some time, baby will move back to light sleep, then deep sleep again.</p>



Some babies can be put to bed while they are drowsy, and they will go to sleep on their own. However, for most babies falling asleep independently is a learned skill. They might need help transitioning from drowsy to light sleep.

- The best way to help this transition is to establish a consistent sleep time routine.
- Don't move baby to sleep space during light sleep. Baby will wake up easily.
- Move baby to sleep space during deep sleep. Baby is less likely to awaken.

Full-term newborns sleep about 2 hours at a time, cycling between deep and light sleep. By the time they are 8 weeks old they sleep about 4 hours at a time. To help increase sleep, establish a sleep routine, and watch to see what helps baby sleep through full cycles of light and deep sleep.

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### TRY IT!

**Spend 15-30 minutes watching baby sleep.  
How much time did baby spend in each  
stage of sleep?**

- 1) Drowsy \_\_\_\_\_
- 2) Light Sleep \_\_\_\_\_
- 3) Deep Sleep \_\_\_\_\_





## Why Won't My Baby Sleep?

It's hard when baby won't sleep. You and baby are tired. You both need sleep!

To learn why baby is not sleeping first check baby's comfort. Is baby hungry? Does baby need a diaper change? Is baby too warm or cool?

If these are not the problem, look at baby's day. What is going on to keep baby awake? Some common reasons are teething, illness, and growth spurts.

### Teething

Teething often causes sleepless nights. The pain of teething keeps baby awake. Try to keep using your sleep routines. This keeps baby in the sleep patterns you are used to. When the tooth comes through, it will be easier to return to the usual sleep patterns.

Relieve teething pain. This will help baby sleep. Try:

- Gently rubbing or massaging baby's gums with your finger
- A cold (refrigerated not frozen) teething ring or a clean, wet cool washcloth to chew on
- Hard, unsweetened teething crackers



If baby is still uncomfortable and these tips have not helped, contact your healthcare provider. They may recommend a small dose of infant pain medication.



### Illness

If baby is sick, it is hard to sleep. Baby will want to be held and cuddled a lot. Comfort baby during the illness. Keep your sleep routines as much as you can. Getting enough sleep will help baby get healthy again. When baby feels better, return to your sleep routines.

### Growth Spurts

Babies have growth spurts during the first year of life. They grow physically. They also grow mentally. During mental growth spurts, the brain is very busy. Baby is excited to learn new things. This makes it hard to sleep. Keep using your sleep routines. Try the tips in the *Helping Baby Go to Sleep* handout.



\*\* On May 31, 2018, U.S. Food and Drug Administration (FDA) warned against the use of over-the-counter (OTC) teething products containing a pain reliever (benzocaine) that can cause serious risk to infants and children.

# Baby Talk: Learning Baby's Language

Babies can't speak yet. But they can still "talk" to you. Baby talk includes things like:

- Body movements
- Facial expressions
- Noises
- Crying

This is how babies say: "I'm hungry!" "I'm tired!" "I want to play!"  
Learning baby's language helps you meet baby's needs.  
This can help reduce crying.



*My baby says "I'm hungry" by:*

*My baby says "I'm full" by:*

*My baby says "I'm tired" by:*

*My baby says "I want to play" by:*

## Baby Talk: Learning Baby's Language

*My baby tries to get my attention by:*

*Other ways that my baby talks to me:*

Sometimes it's hard to learn baby's language. You might not notice when baby "talks" to you.

Baby might move a certain way just before crying. Baby might always make the same face before crying.

Pay close attention to these small signs. You can meet baby's needs before the crying starts!

*Small signs that my baby uses are:*



## Why Do Babies Cry?

A baby crying is normal. Babies cry because they cannot talk. If a baby is fussy, sometimes you can figure out what is wrong and how to soothe them.

However, babies will have periods of inconsolable crying. No matter what you do, the baby will still cry. Most babies cry often: 80-90% of babies have crying spells lasting 20-60 minutes or longer, and most babies cry more at 6-8 weeks old than they do at birth. When babies cry, you may want to cry too...this is normal!

If your baby is fussy or crying, here are some possible reasons:

Possible Reason	What to do...
Hunger	Feed baby. Baby may be hungrier on some days. Offer the breast often if that helps to soothe baby.
Need to be close to people, touched, picked up, held, rocked	Hold, rock, dance with baby in your arms, sit together on a fitness ball or rocking chair. Talk and sing to baby. Take off shirt and hold baby skin to skin. Take bath with baby. Go for walk with baby in your arms in sling or in stroller. Lie down beside baby while you nurse. Massage, gently touch or talk to baby. Let someone else hold baby.
Pain or Discomfort	Pick up baby, comfort, change diaper, burp or rub baby's back. Changing baby's position may help.
Too Hot/Too Cold	Babies should be dressed the same as you are, plus <b>one more</b> layer of clothing. Baby should not be cool to the touch.
Tired or Over-Stimulated	Cuddle baby, turn lights off, and keep the surroundings quiet. Rocking baby gently can be soothing for both of you.
Needs a Change of Routine	Read, play, talk, sing to and hold baby every day. Change rooms so baby can look at different things. Take baby outside.
"Just Unknown"	In the first 5-6 months, it is normal for a baby's crying to increase in intensity, and you may not be able to make baby stop crying. Hold, rock, talk, walk, sing, bathe baby, massage, offer the breast, or try soothing music. Try to comfort baby, giving time for baby to respond to each thing you do.
Illness	If your baby's cry sounds different to you or baby cannot be soothed after trying everything, contact your healthcare provider.



## Fussing, Crying and Reflux



What do you think it was like for baby while you were pregnant?

While you were pregnant, baby could hear your heartbeat. Could feel movement when you walked. Could hear muffled sounds and voices. Felt warm and protected in the womb.

Life changes when baby is born. Newborns have to adjust to life outside the womb. For some babies, it is hard to adjust to this change.



### Fussing & Crying

Some babies don't adjust well to the outside world. Between 3 weeks and 3 months they cry a lot. They cannot be calmed. It might seem like they are in pain. They usually cry:



- At least 3 hours a day
- At least 3 days a week
- For at least 3 weeks or more
- But not more than 3 months

Fussy babies often cry in the late afternoon. They may have crying outbursts and then calm. They may cry without stopping.

To calm a fussy baby, help them feel what they felt in the womb. These babies like to be warm and snug. They like dim light. They like soft, rhythmic sounds. They like swaying movements.

## Fussing, Crying and Reflux

### Fussy or High-Need?

Babies who cry a lot are often called fussy babies. Babies who cry unless they are held may be called high-need babies.

A high-need baby will calm when held a lot.

A fussy baby is more difficult to calm. You could try:

- Swaying movements
- White noise
- Music
- Massage
- Pacifier



### Reflux

All babies spit up a little after feedings. Sometime babies spit up a lot. But few babies spit up a lot after each feeding.

Babies with reflux often:

- Spit up after most feedings
- Cry most during and right after feedings
- Cry more when laying down flat
- Draw legs up to the chest
- Arch back and/or neck during or after feedings
- Wake at night and cry for no obvious reason



If your baby shows signs of reflux, talk to the doctor. The doctor can suggest things that will help.

\*\* On May 31, 2018, U.S. Food and Drug Administration (FDA) warned against the use of over-the-counter (OTC) teething products containing a pain reliever (benzocaine) that can cause serious risk to infants and children.

## Fuss Soothers

Babies are all so different. You might need to try a lot of different ways to calm your baby.

Here is a list of ways to calm your baby. Check off the ones you have tried. Put a star by any that worked for you. Use a highlighter to mark any you would like to try.

Movement	Sounds	Touch	Routines	For Mom to try...
<input type="checkbox"/> Rocking <input type="checkbox"/> Bouncing <input type="checkbox"/> Swaying <input type="checkbox"/> Car rides <input type="checkbox"/> Stroller rides <input type="checkbox"/> Swinging	<input type="checkbox"/> Singing <input type="checkbox"/> Music <input type="checkbox"/> White noise (like a hair dryer or dryer sound) <input type="checkbox"/> Using a shushing sound <input type="checkbox"/> Avoiding loud, startling noises <input type="checkbox"/> Avoiding large crowds	<input type="checkbox"/> Pacifier/sucking <input type="checkbox"/> Infant massage <input type="checkbox"/> Baths <input type="checkbox"/> Holding <input type="checkbox"/> Baby sling	<input type="checkbox"/> Feeding regularly <input type="checkbox"/> Regular naps <input type="checkbox"/> Regular bedtime <input type="checkbox"/> Regular place to sleep	<input type="checkbox"/> Herbal tea <input type="checkbox"/> Avoiding certain foods <input type="checkbox"/> Over-the-counter medicine <input type="checkbox"/> Prescription medicine
<p>Other things that have worked for me:</p>				

*Remember – These are things for MOM to use. Don't give baby teas or medicines unless prescribed by a doctor.*

Something might work one day and not the next. Something might only work at a certain time of day. You may have to try a lot of things to find something that works.

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## Crying: How Much is Too Much?

All babies cry as part of letting us know what they need. But how much crying is normal? How much is too much? Is there a way to know your baby needs something before she/he starts crying?

- Most parents say their baby cries less than 3 hours a day.
- Sometimes a baby cries more than 3 hours a day but they usually don't do this more than 3 days in a week.
- Babies cry a lot between 2-3 weeks of age. They are adjusting to life outside the womb.
- Some babies develop colic between 2-4 weeks, which makes them cry more than normal. This usually goes away by 6 months.
- Babies cry more during growth spurts. Growth spurts happen around:
  - 1-3 weeks and 6-8 weeks
  - 3 months
  - 6 months
  - 9 months
  - 12 months
- Babies cry more when they are teething.

*How much do you think your baby cries? For how long? How hard?*



Use the worksheet to observe your baby's crying. Learn how much, how constant, and how intense your baby's crying is. This helps you to know more about your baby and think about how and when you are calming your baby.



## Baby Cries - Nothing Helps

Sometimes nothing helps. Nothing makes baby stop crying.

It's not your fault. It's not baby's fault. It just happens.

If baby won't stop crying, ask:

- Is baby hungry?
- Does baby need a diaper change?
- Is baby bored? Does baby want to do something else?
- Is baby too warm or cold?
- Does baby have a fever?



If you answer NO to these questions, baby is okay.

You can let baby cry while you have a short break.



- Place baby in the crib. Lay baby on his/her back.
- Remove any blankets, stuffed toys, or other objects from the crib.
- Dim the lights. You could turn on some quiet music.
- Go some place quiet.
- Call someone to come help you.

*Make a plan. What will you do if your baby keeps crying?*

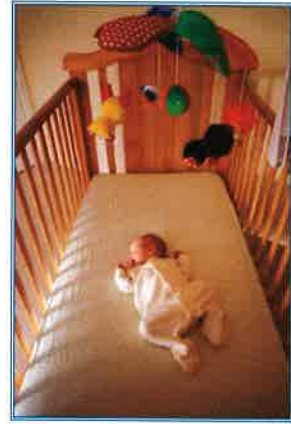
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## Ways to Calm a Crying Baby

**If nothing works, take a break.  
Put baby on her back in the crib.**

**Walk away. Check on baby in 5 or 10  
minutes.**

**Call your doctor if nothing helps.  
There may be a medical reason for the  
fussiness.**



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**One in four children die from Shaken Baby Syndrome. It takes only a few seconds of shaking to cause permanent damage.**

When a baby or young child is violently shaken, their head rolls back and forth causing their brain to hit the skull. This causes their brain to swell and bleed, even their eyes can bleed.



**Shaking can cause:**

- Permanent brain damage
- Blindness
- Seizures
- Cerebral palsy
- Paralysis
- Developmental disability
- Death

**How can I prevent these injuries?**

- Never, ever shake a child.
- Make sure that everyone who cares for your child knows not to shake them.
- Ask someone for help if you are frustrated and don't know how to make your young child stop crying.

**Report child abuse.**

New York State Child Abuse and  
Maltreatment Reporting Center  
(800) 342-3720

**Get help.**

**Prevent Child Abuse New York Parent  
Helpline**

(800) 244 -5373  
Trained specialist available 9 a.m. to 4 p.m.,  
voicemail available after hours.  
[www.preventchildabuseny.org](http://www.preventchildabuseny.org)

**National Center on Shaken Baby Syndrome**

(801) 447-9360  
[www.dontshake.org](http://www.dontshake.org)

**National Maternal Mental Health Hotline**

Call or text: (833) 943-5746

**Spread the word.**

Share this information with others  
who care for your baby. Let them  
know that it is okay to ask you for  
help if they get frustrated.



[health.ny.gov/ShakenBabySyndrome](http://health.ny.gov/ShakenBabySyndrome)



**Never, Ever  
Shake a Baby**



It is normal to feel frustrated and  
overwhelmed at times. If you get upset,  
there are things you can do to help  
yourself and your baby cope.

## Shaken Baby Syndrome is a form of abuse.

When anyone shakes a baby or young child, their brain and body are seriously injured. Some children can even die.

## Why does it happen?

Most people who shake a child are not trying to hurt them. Adults can get so upset that they lose control. They may be frustrated by nonstop crying, difficulty feeding a baby, or problems toilet training. Stress from money, work, or personal relationships can add to this frustration.

## Remember, crying is normal.

Crying is how young children communicate. They may be too hot or cold, tired, or hungry, want attention, or need a diaper change. If your baby is crying, they might stop when you meet their needs.



## These are signs and symptoms of Shaken Baby Syndrome.

- Very fussy, angry
- Very stiff or like a rag doll
- Very sleepy, inactive
- Seizures
- Not eating or poor appetite
- Difficulty breathing
- Vomiting
- Blood spots in eyes, dilated pupils

**Think your child has been shaken? Call 911 or take them to the closest Emergency Department right away. Getting medical help could save your child's life.**

## How to calm a crying baby.

All babies cry a lot during the first few months of life. Crying does not mean that they are being bad or are angry with you. Crying helps babies balance emotions, stretch their muscles, and breathe better.

- Check to see if your baby is hungry, needs a diaper change, or is too hot or too cold.
- Check to see if your baby is sick or has a fever.
- Feed your baby slowly and burp them often.
- Rock your baby.
- Give your baby a pacifier or let your baby breastfeed.
- Play soft music, sing, or hum to your baby.
- Take your baby for a ride in a car or stroller.



## It is better to let a baby cry than to risk hurting them.

- Put the baby in their crib, walk away, and take a break.
- Do something to relax: Take a bath or shower, watch TV, or listen to music.
- Sit down, close your eyes, and take deep breaths.
- Call a friend or family member to talk.
- Have someone come over to give you a break.

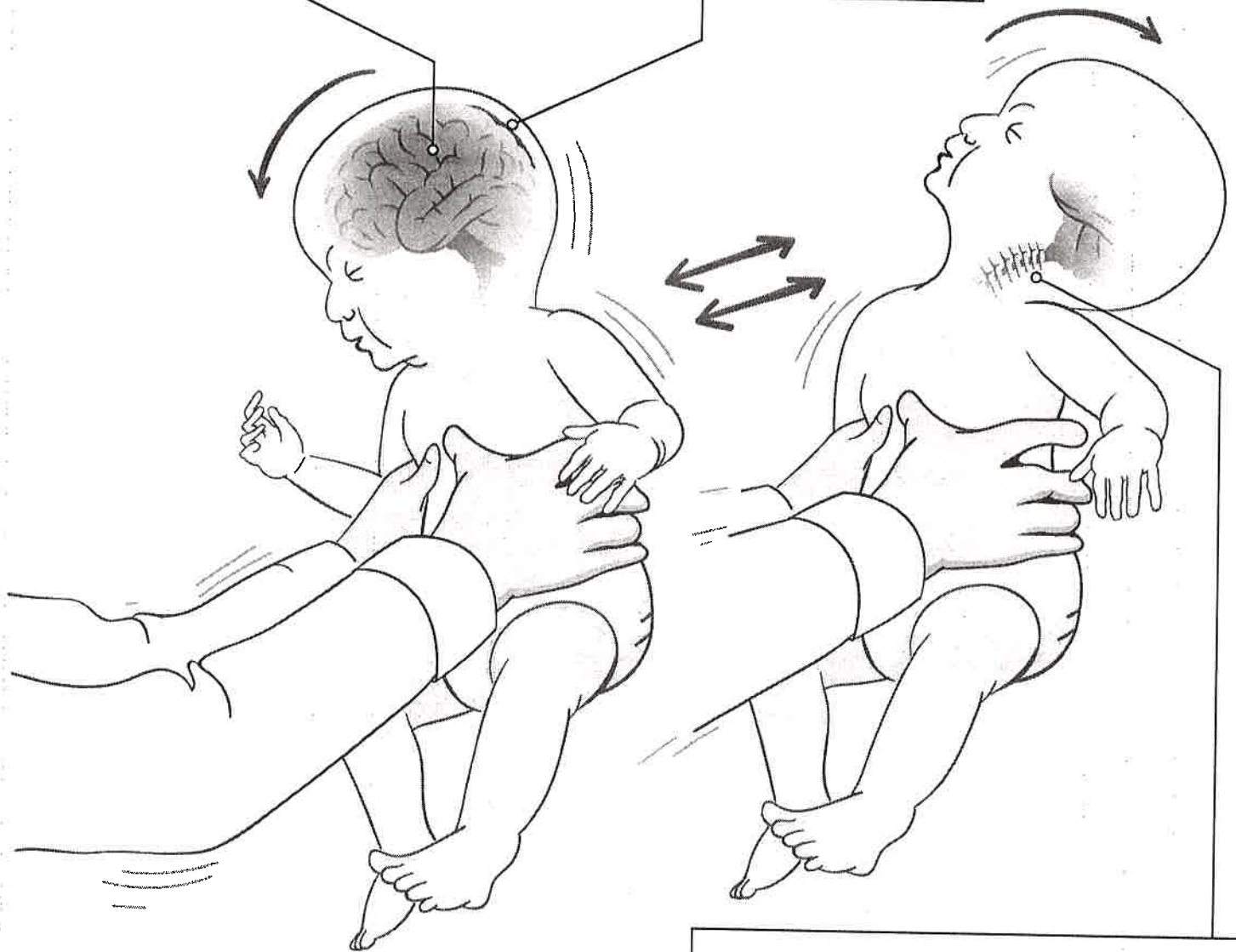


# Damage Caused When A Baby Is Shaken

1. Baby's brain bangs against its skull when shaken.

2. Small blood vessels between the brain and skull can tear, causing bleeding.

3. Baby's undeveloped neck muscles offer no resistance to shaking; vertebrae can crush the spinal cord.





# Responsive Parenting: The Secret to Happier Children and Parents!



## What is responsive parenting?

**Responsive parenting** is paying close attention to your child's needs and meeting them in a prompt and caring way. This helps your child feel safe because they know you are there for them. They learn to trust you, and they feel your care and love.



## How can you be a responsive parent?

### WATCH YOUR BABY



Your baby's **sounds, face, eyes, arms, and legs** offer clues to what they want or need. These are called "cues".



**Be a detective!**  
Some cues can be hard to notice. Give your full attention to what your baby is trying to tell you, without distractions like phones or TVs.

## WHAT IS YOUR BABY TRYING TO TELL YOU?

What You See		Ways to Respond
Mouth movements Rubbing eyes Turning away Fussy, crying Low energy	 <b>I need help!</b>	Feeding Nap time Needs a break Diaper change, comforting Check for illness
Smiling Cooing, babbling Looking at you Looking at something	 <b>Let's connect!</b>	Smile back Talk to baby Make eye contact Follow their gaze and engage

## Try it! Watch your child for a few minutes. What do you think they need or want?

*Draw and write down what you see.*



As you try to read your baby's cues, remember:

- ♥ You might miss or misread their early, more subtle cues.
- ♥ You might have to try a few things to figure out the need.
- ♥ If you can't figure out what they need, ask for help—you and your child are learning about each other.
- ♥ Reading cues gets easier with practice.



# Responsive Parenting: The Secret to Happier Children and Parents!



## Responding Is Not Spoiling

Some people say responding to your baby will spoil them. Feeding a baby that is hungry, changing a diaper that is wet, and comforting a baby that is hurting or just needs a little love and attention is not spoiling. It is meeting their human survival and connection needs. Spoiling happens when babies are older, when people do for children what they can do for themselves.



## FUN FACTS ABOUT BABIES

**DID YOU KNOW?**

**Babies who are held more cry less.** They are also more independent when they become older because they learned early that they were safe and would get their needs met.

**DID YOU KNOW?**

**When you are face to face and looking at your baby, your baby's brain starts to mimic your brain activity.** If your brain is active, your baby's brain becomes active. If you are quiet, your baby becomes quiet. You can help your baby to increase or decrease brain activity and energy. Tune in to your own emotions—how can you manage your reactions to share mostly positive emotions when you are around your baby?

**DID YOU KNOW?**

**Each baby has their own personality and preferences about touch, sound, and activity.** How does your baby respond to people, sounds, and activities? Does your baby get overwhelmed? Do they need help to feel more comfortable with people, touch, or sounds?

**DID YOU KNOW?**

**Babies like routines.** A pattern of feeding and sleep times helps your baby know what to expect. It helps your baby feel secure and safe and it makes parenting easier. What routines have you found helpful? What else might help your baby and you?



## The 5 S's for Soothing Your Baby

Just like you, infants experience different emotions and physical sensations, both good and bad. There are a lot of reasons a baby may be fussy. It may be caused by the discomfort of a stomachache, needing sleep, or hunger. And because they cannot speak, their only way of communicating their needs to us is through crying. This can cause caregivers to feel overwhelmed. Below are 5 tips that may help you to soothe a fussy baby.

### 1. **SWADDLING**

Swaddling provides warmth and security – the same way your baby felt in the womb. For instructions on how to do it properly, go to:

<https://www.safesleepacademy.org/swaddling-safe-sleep/>.



#### **Swaddling**

Wrap your baby like a mini burrito with their arms snug and straight at their sides (hips loose)



#### **Side/Stomach Position**

Hold your baby positioned on the side or stomach—or even over your shoulder

### 2. **SIDELINE**

Hold your baby on the left side to help with digestion. This also stimulates a womb-like sensation for the baby. If your baby is fussy, this will help calm them. Once asleep, place your baby on the back in their crib. The back is the only safe position for sleeping, but it can be the worst position for calming fussiness.

### 3. **SHUSHING**

This imitates the noise in the womb, making your baby feel calm and safe. It works best when done loudly. Babies do not need total silence to sleep. Silence can make the baby fussier, because it is not what they are used to in the womb. The sound of shushing imitates the sound of blood rushing through the placenta and uterus. White noise and shushing are powerful triggers for calming your baby.



#### **Shushing**

Make a "shhh" sound or play white noise to mimic the sound of blood flow in the womb



#### **Swinging**

Swing—or jiggle—in fast, tiny movements while supporting your baby's head/neck

### 4. **SWINGING/SWAYING**

You can rock your baby in your arms or use an infant swing. Babies like to be rocked because this also gives them the comfort they felt in the womb. When rocking the infant, sway back and forth, in a slow and steady motion. Remember to support the head, neck, and body of the infant while swinging them. An infant swing may also be used to help soothe an infant; however, if your infant falls asleep in the swing, they need to be relocated into their crib and placed flat on their back.

### 5. **SUCKING**

It is natural, and babies enjoy sucking even when they are not hungry. A baby cannot cry and suck at the same time! Offering a pacifier and/or feeding an infant that may be fussy can help to soothe them. If the infant does not take the pacifier when offered, do not force them to take it.



#### **Sucking**

Sucking on a pacifier, thumb, or breast helps soothe your baby

Information adapted from Safe Sleep Academy: <https://www.safesleepacademy.org/how-to-soothe-fussy-baby/> and Dr. Harvey Karp, author of *The Happiest Baby on the Block*.





# Tips for Parents of Infants (0-12 months)

## CRYING AND FUSSING

Babies cry and fuss for a variety of reasons – hunger, sleepiness, need for a diaper change. Sometimes for no apparent reason at all. They need to be held and cuddled and to hear your gentle voice to help them feel safe and secure.

### TRY ...

- Checking to see if baby's **diaper** needs to be changed, offering a bottle or breast to **feed** them, or just picking them up, **cuddling** and talking sweetly to them.
- Wearing baby in a sling or carrier, taking a walk outside or car ride.
- Giving baby a pacifier.
- Singing, humming, and cooing, as well as moving (gentle **rocking, swinging, walking**), which often calms baby down.

## PUTTING EVERYTHING INTO MOUTH

Child is learning hand-mouth coordination or is teething and needs safe objects to chew on.

### TRY ...

- Putting a **damp washcloth into freezer** for baby to chew on.
- **Child-proofing** by removing small, chokeable objects from reach.

## WON'T STOP CRYING NO MATTER WHAT YOU TRY

### TRY ...

- Turning on children's music with singing or ocean/water sounds.
- Placing baby safely in a crib **without** any blankets or pillows.
- Getting a glass of water, walking around, singing to yourself, making long exhales slowly – this helps your nervous system stay calm
- Taking turns being with the baby with your partner or family member.
- Driving in the car with baby in a secure car seat.

## WON'T SLEEP THROUGH THE NIGHT

Babies double their birth weight by 4-6 months and triple their weight by 1 year, so they have to eat frequently. Some babies may start sleeping through the night around 4 months. Many do not.

### TRY ...

- Sleeping when the baby sleeps.
- Taking turns with your partner or family member feeding your baby.
- Leaving the room to take a short break – take deep breaths.
- Feeding and soothing baby.

## THROWING THINGS ON THE GROUND

It is very common and normal for an older infant to throw things on the ground every 2.5 seconds on purpose. This is how your child learns about gravity and cause and effect. Children enjoy the sound falling objects make.

### TRY ...

- Distracting baby – stop the drop game by using safe tethers or rings that can't wrap around a child's neck.

## REMEMBER

- Babies don't spoil when held. Denying a baby food, touch, or attention is harmful to their development.
- Shaking, hitting, or tossing a baby is harmful.
- Understand the harms of spanking and sign the pledge today.