

For MY Safety, Here Are Some Things You Should Know

MY Crib is a Safe Space

If you need a break, my crib is the best and safest option.

It's Okay to Walk Away

Crying can be hard to handle. It's okay to walk away and calm down. Just make sure I'm in a safe place first!

MY Basic Needs Are Most Important

When nothing works, check my basic needs! Am I hungry, wet, tired or uncomfortable?

Coping with Frustration

Some ways to help cope when caring for a crying or upset child are:

- Go outside - Take a walk with the baby in the stroller.
- Try meditation - Use YouTube or an app like 'Headspace' or 'Calm' to follow a meditation video.
- Call for help - A phone call to a friend or family member can help.
- Listen to music - Play your favorite songs or search for a fun, happy playlist.
- Calm your mind - Try deep breathing, writing in a journal, coloring or doing puzzles to help your mind relax.



Get in touch



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For MY Safety

Caregiving with Confidence: Managing Child Care Stress with Safety and Ease



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It's Okay to Feel This Way

Feeling upset, angry or overwhelmed when a baby cries is normal. Instead of letting those feelings take over, try using the ideas in the QR codes below!



Caregiver Crying Plan

This guide helps caregivers learn how to calm crying babies and keep them safe, especially from Shaken Baby Syndrome.

Choose a Calming Technique



You can try swaddling and holding the baby close, singing a song, gently rocking, offering a pacifier, or taking a car ride with the baby in the car seat.

Choose a Relief Method



You can put the baby in a safe place, such as on their back in a crib, call a family member or friend for help, or contact a doctor or nurse.

Take Time and Regroup



If you start feeling upset or overwhelmed, take a break and do something that helps you feel calm. Your feelings are important!

Never Shake the Baby



Shaking a baby can hurt their brain, cause seizures or even make them blind or deaf. It can also cause other serious problems.

When I'm Feeling Stressed My Plan Is:

Numbers to Know

Poison Control - 800-222-1222

Emergency Services - 911

National Parent & Youth Helpline - 1-855-427-2736

My Cell - _____

Pediatrician - _____

Emergency Contact Information:

Name: _____

Phone: _____

Sources:

National Center on Shaken Baby Syndrome. (n.d.). Period of PURPLE Crying. <https://www.dontshake.org/purple-crying>

Parents Anonymous. (n.d.). National Parent & Youth Helpline. <https://nationalparentyouthhelpline.org/>