# 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





# 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**

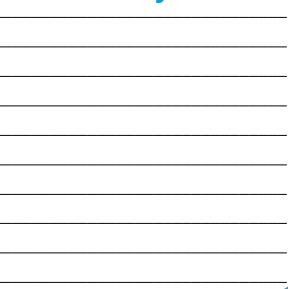
If you start feeling upset or overwhelmed, take a break and do something that helps you feel calm. Your feelings are important!

#### **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
<b>Emergency Contact Information</b>
Name:
Phone:

#### Sources:

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

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