

When My Baby Cries

healthier



I can try different things to calm my crying baby

- I can give my baby a warm bath.
- I can let my baby listen to and watch running water.
- I can turn on some music and dance and sing with my baby.
- I can take my baby for a ride in the car.
- I can put my baby in a safe place, walk away, calm down, and come back to check on him often.
- I can understand that sometimes none of these things will work.

Then I start over again and remind myself that this phase will come to an end and I will get through it.

NEVER SHAKE A BABY!



CREATING A HEALTHIER HAWAII

The Period of **PURPLE** Crying®



Dear Parent,

If you think you can't take the crying anymore, please remember:

- Put your baby in a safe place.
- Walk away and calm down.
- Never shake a baby.
- Remind yourself that these hard times will come to an end.
- Have your baby checked by your doctor if you are worried.
- Look again at your booklet and DVD on the **Period of PURPLE Crying...** it can help!

For more information visit:

www.PURPLEcrying.info