

PREVENTING ABUSIVE HEAD TRAUMA

the crying connection

MY CRYING PLAN

Reasons my baby might be fussy or crying...

Baby's Basic Needs:	Notes: <i>she gets really fussy when...</i>
Tired	
Hungry	
Too hot or cold	
Wet or dirty diaper	
Lonely, wants to be held	
Sick	
Others:	

What works best to calm my fussy baby is...

Soothing techniques:	Notes: <i>My baby loves her safe front carrier</i>
Holding or carrying	
Swing (make sure to use safety belts!)	
Go outside	
Humming or shushing	
White noise like a fan or static of radio	
Others:	

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MY CRYING PLAN (continued)

Take a time out!

Don't leave the baby alone in the house and check on her every few minutes.

Parent calming techniques:	Notes: <i>Take 3-7 deep breaths, inhaling and exhaling slowly</i>
Play music	
Exercise	
Read	
Pray	
Watch TV for a few minutes	
Others:	

Choose secondary caregivers carefully! SHARE THIS PLAN!

List trusted people to call for support or advice.

Name:	Number:

Other resources:

1-855-4-A-Parent (1-855-427-2736) *Anonymous parenting advice*

HOURS OF OPERATION: Monday through Friday • 10:00 AM PST to 7:00 PM PST

Baby's Healthcare Provider:	Number:
Poison Control:	Number:
Emergency Contact:	Number:
Hospital's Nurse Line:	Number: