



All babies cry.

Learn how to be chill.

Sometimes babies just cry.

DON'T LOSE YOUR COOL.

There is no safe way to make a baby stop crying.

STOP. THINK. WALK AWAY.

If you can't take it, put the baby in a safe place and walk away.

TAKE A BREAK.

Call or text a friend and ask for their help.

For more helpful tips go to www.ctoec.org/chill



Connecticut Office of
Early Childhood