Sometimes babies just cry.

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

Take the time to chill.

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

Connecticut Office of Early Childhood
If you think the baby might be crying for a reason, you can try these techniques, but **WHATEVER YOU DO, DON’T LOSE YOUR COOL.**

Try feeding baby slowly, burping often.

Check baby's diaper; change it if needed.

Hold baby safely against your chest.

Walk or rock the baby.

Take baby for a ride in a stroller or car.

Sing or play soft music to help soothe the baby.

**ALL BABIES CRY.** 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.

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