



**Sometimes  
babies just cry.**

**Learn how  
to be chill.**

## **ASK FOR HELP.**

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



Connecticut Office of  
Early Childhood

**Take the time  
to chill.**

**For more helpful tips go  
to [www.ctoec.org/chill](http://www.ctoec.org/chill)**



## Don't lose your cool.

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.

## Sometimes babies just cry.

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.

**For more tips go to [www.ctoec.org/chill](http://www.ctoec.org/chill)**

### **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.