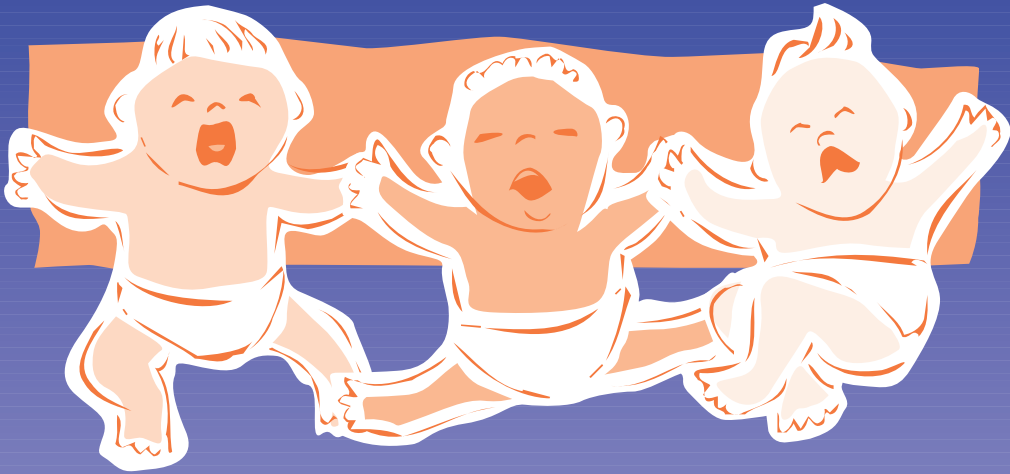


BABIES CRY...



It's not easy taking care of a baby.
Babies can be fussy and cry a lot.

If your baby won't stop crying, and you're feeling frustrated:

- Place your baby in a safe place and leave the room for a few minutes...Crying won't hurt your baby.
- Do something positive to calm down...listen to music, call a friend, take a shower.
- Call someone to see if they can relieve you, or at least talk with you until you are relaxed.
- If you think your baby may be sick, call your doctor.

(over)

Keep your baby safe...
No matter how frustrated you feel
NEVER, NEVER shake a baby!

Shaking and hitting a baby's head
can cause brain damage, blindness or death.

**ASKING FOR HELP IS
A SIGN OF STRENGTH!**

If your baby won't stop crying,
or if you have questions, you can:

- Call your doctor or health care provider, or
- Call the Parent Warmline, a free phone service at (612)813-6336.

**IF YOU ARE AT THE END OF YOUR ROPE,
REACH OUT FOR HELP!**

- Call 911...
emergency services are there to help you.
- Call Crisis Connection at (612)379-6363.

Make sure you tell everyone who cares for your baby...

NEVER, NEVER SHAKE A BABY!



Twin Cities Metro
Shaken Baby Syndrome
Prevention Program