

No matter how upset or angry you feel ...

## **DO NOT SHAKE THE BABY!**

A baby's brain is fragile and easily injured inside the skull!

Shaking a baby can cause:



- ◆ Brain Damage
- ◆ Hearing Loss
- ◆ Learning Problems
- ◆ Seizures
- ◆ Cerebral Palsy
- ◆ DEATH

**Never hold or pick up a baby or toddler when you feel angry.**

Please let the baby cry it out rather than shaking or punishing the baby. The constant crying will stop when the baby gets older.

**Be sure to tell EVERYONE who takes care of your child NEVER to shake him or her for ANY reason.**

## Call for help!

Maryland Family Stress  
Hotline

The Family Tree

1-800-243-7337

[www.FamilyTreeMd.org](http://www.FamilyTreeMd.org)

Child Help USA

1-800-4-A-CHILD

Maryland Department of Health  
Maternal and Child Health Bureau

201 West Preston Street  
Baltimore, Maryland 21201  
410-767-6713  
Fax 410-333-5233  
1-877-4MD-DHMH (463-3464)  
Maryland Relay 1-800-735-2258



Larry Hogan, Governor  
Boyd K. Rutherford, Lt. Governor  
Robert R. Neall, Secretary, MDH

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# When Your Baby Won't Stop Crying



## Important Facts To Help You Cope

Information was adapted from  
**Baltimore County Department of Health**  
Injury Prevention Program

*Your Partners in Prevention*

**No one likes to listen to a baby cry for a long time. It is very stressful.**

Some babies cry a lot when they are:

- ⊖ WET
- ⊖ HUNGRY
- ⊖ TIRED



Some babies cry when they want company ~ often when you are busy or want to sleep! Feeding or changing them may help, but even that doesn't work sometimes.

If your baby won't stop crying there may be a medical reason.



Take your baby to the doctor to see if there is a reason for the crying.

Some babies have "colic." These babies sometimes cry for a long time. "Colicky" babies often pull their legs up to their chest over and over. They will grow out of it soon.



**NEVER  
NEVER  
NEVER  
SHAKE  
a Baby!**

If you feel like

**SHAKING** a baby:

★ **STOP!**

★ Sit down, close your eyes, and take 20 deep breaths.

★ **GENTLY** place the baby in a safe place, like a crib, and leave the room for a few minutes.

★ **Don't** pick the baby up until you feel calm.

★ Find someone you know and trust to watch the baby for a while.

★ Take an "adult" time out.

**Have a plan!**

**Try these when your baby keeps on crying:**

- ♥ Check the baby's diaper.
- ♥ Check if the baby is hungry or thirsty.
- ♥ Talk to the baby calmly.
- ♥ Gently hug and cuddle the baby.
- ♥ Gently rub the baby's back.
- ♥ Sing to the baby or play gentle music.
- ♥ Take the baby for a walk.
- ♥ Give the baby a soothing bath.



♥ **Take some deep breaths; you are doing the best you can!**

♥ Take the baby for a ride in the car. Please be sure to put the baby in a child safety seat.



♥ If you feel tired and upset, call someone you and the baby know well for help. Ask them to watch the baby so that you can take a break.



**Go ahead and take a break but never, never, never shake!**