

Help Lines:

(914) 682-2273

(800) 342-7472

7 days/24 hrs.



Never, ever Shake a baby

Parenthood is a wonderful and rewarding time, but it's not always easy.

Sometimes babies cry for hours at a time and nothing seems to soothe them.

Here are some tips to help you with these frustrating moments when your baby won't stop crying:

- Make sure all the basic needs (food, dry diaper, appropriate clothing, burping) are met.
- Comfort the baby - rock, pat, sing or offer a pacifier, if they have one.
- If you are a child-care provider contact the parent.
- Call the pediatrician - there may be a medical reason for the baby to cry.
- Call a friend, relative or neighbor to help or give you a break.