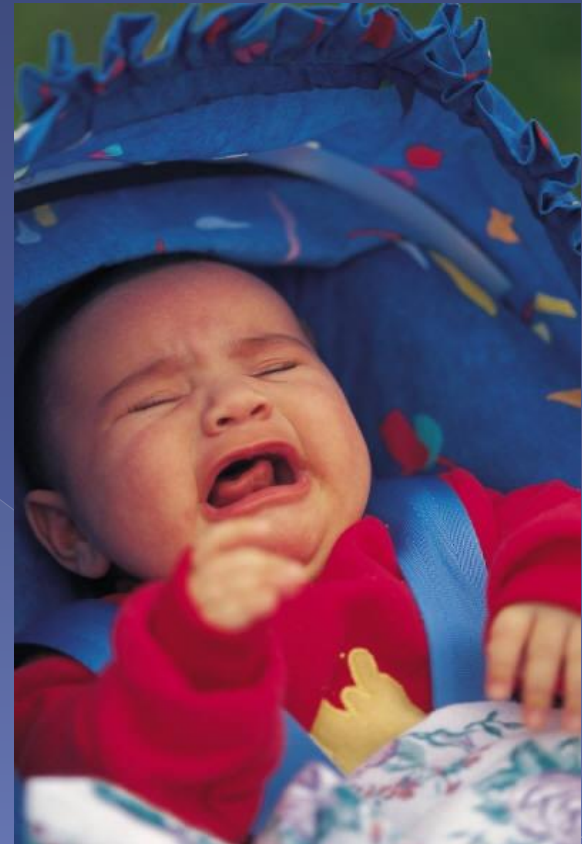


NEVER SHAKE A BABY



Babies Cry

- Babies cry. It's normal.
- Lots of crying can be frustrating to parents. That's normal too.
- To reduce crying, try these tips:
 - > feed, diaper, burp baby
 - > swaddle and carry baby with you
 - > put baby in a safe place (on her back in crib or car seat) and let her cry. Check every 10 min.



For Parents

- Do something to relax yourself (listen to music, cool drink of water, breath of fresh air)
- Call ChildHelp 24/7 at 1-800-4A-CHILD
- Call the Birth to Five Helpline at 1-877-705-KIDS and ask for the Fussy Baby staff.



Delight in Baby

- Find delight in your baby. Enjoy being a parent.
- Babies cry. It's normal. Responding to their cries promptly and consistently will help reduce the crying.
- Never, never, never shake a Baby!



Never Shake A Baby Arizona is a project of
Prevent Child Abuse Arizona.

Funding for this project was made possible
through grants from:

The Child Abuse
Prevention License Plate Fund,
BHHS Legacy Foundation,
Virginia G. Piper Charitable Trust,
Arizona Department of Health Services,
Bureau of Women's and Children's Health,
the Federal Dept. of Health and Human
Services Maternal Child Health Block Grant.

For more information contact
Prevent Child Abuse Arizona at 928-925-2013
or visit www.nsbaz.org or www.pcaaz.org