



# Plan what to do when a baby can't stop crying.

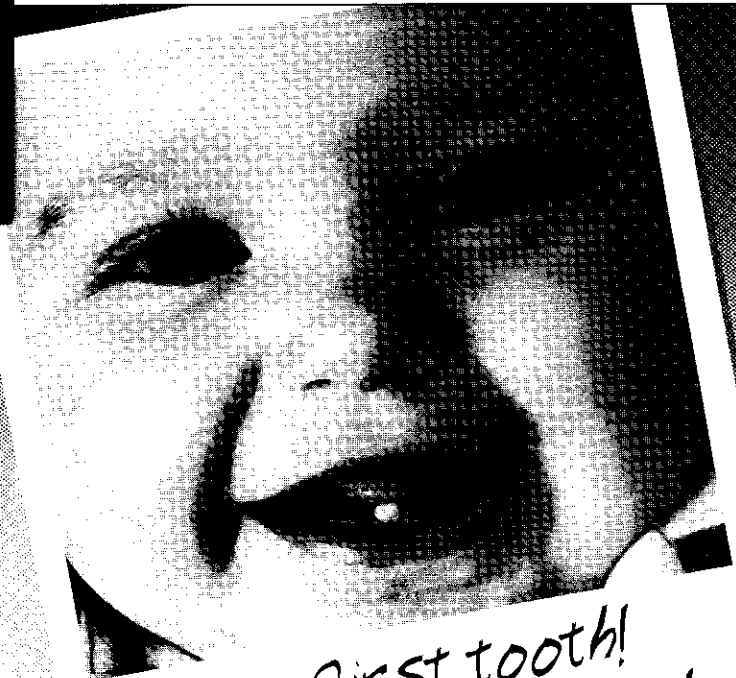


- ◆ Take a deep breath and stay calm.
- ◆ Remember that babies cry to communicate.
- ◆ See if the baby is hungry, needs changing, is too hot or too cold.
- ◆ Cuddle the baby close to your chest. Your heartbeat may soothe the baby.
- ◆ Rock the baby gently, take the baby to another room, or for a walk.
- ◆ Create soothing sounds by humming.
- ◆ Put the baby in a bassinet or crib, on the baby's back, and take a short break.
- ◆ Call someone you trust for support.
- ◆ Call the doctor if you think the baby is sick.
- ◆ Call the New York State Prevention and Parent Helpline at 1-800-CHILDREN (244-5373).
- ◆ Never shake a baby. Shaking can cause blindness, brain damage, or even death.

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*Her first tooth!  
And she's babbling!*

## It's time to change how we view a child's growth.

From birth to 5 years, there are milestones children should reach in terms of how they play, learn, speak, and act. A delay in any of these areas could be a sign of a developmental problem, even autism. Fortunately, the earlier a delay is recognized, the more you can do to help them reach their full potential.

To request a FREE kit, call 1-800-CDC-INFO or visit [www.cdc.gov/actearly](http://www.cdc.gov/actearly).



Learn the Signs. Act Early.