

Always Think:

NEVER SHAKE!

No matter how much you love your baby or an infant in your care, constant crying can leave you feeling totally frustrated.

When overwhelmed, it is easier to lose control. That's why it is important to think about ways to manage your reaction to a crying baby to protect him or her.

Remain in control of yourself.

- ♥ Recognize your trigger points. By doing so, you can ask for help sooner.
- ♥ Unwind with exercise, call a friend for a pep talk or play music.
- ♥ Ask someone trustworthy to babysit so you can take a break.
- ♥ Count to 10 while inhaling and exhaling deeply.
- ♥ Leave the baby in the crib and go to another room. Check the baby often.
- ♥ Put yourself in the baby's position. Imagine yourself in distress if you couldn't speak.

Learn the best ways to handle your emotions when a baby frustrates you. A crying baby has no control. You do!

