



# The Crying Playbook: Countdown to Calm

## Babies cry...a lot! It's how they communicate.

- Crying causes frustration! ...especially during the first 5 months.
- A normal, healthy baby may cry up to 6 hours or more each day, but *have patience*.

**Crying is the #1 reason babies are shaken or hurt by their caregivers.**



**Remember...sometimes your baby will cry no matter what you do.**

## You can prevent Abusive Head Trauma (AHT):

### 1. Practice the 4 Ss:

- **Suck** (offer your baby a pacifier)
- **Swaddle** (until baby shows signs of rolling)
- **Sway** (gently rock your baby)
- **Shush** (or another soothing sound)

### 2. Take a break. Never hurt a baby.

### 3. Ask for help.

### 4. Choose an appropriate caregiver.

- It is dangerous to leave your baby with anyone who becomes angry, loses control easily or is under the influence of drugs or alcohol.
- Let caregivers know to call you anytime they become frustrated.

**Have a plan – never hurt a baby.  
It's ok to walk away.**



# Children's Trust Fund

Missouri's Foundation For Child Abuse Prevention

**Strong Families, Safe Kids**



[ctf4kids.org](http://ctf4kids.org)