



# Building Blocks to Brighter Futures

*Resources to Help Make Sure All Our Kids are "AOK"*



## **BABIES ARE FRAGILE. NEVER, NEVER SHAKE A BABY**

**Never, Never Shake or Hit a Baby:** It could lead to brain damage, blindness, bleeding, or death.

**Shaking a baby just once can hurt him/her for life:** It is never safe to shake a baby; never play rough; never bounce or toss a baby; never jerk or swing a baby by the arms or legs.

**Safe ways to calm your crying baby:**

**Make sure your baby is not:**

- + Wet
- + Hungry
- + Too hot or Cold
- + Lonely



**Some babies need a lot of:**

- ♥ Holding
- ♥ Carrying
- ♥ Gentle Rocking
- ♥ Offer a pacifier

**Go outside:  
Take your baby for a walk  
in a stroller**

Extra care and attention will not  
spoil your baby.

## **Control your Temper and Ask for Help**

**Take a break. If you start to feel angry:**

- ✧ Make sure your baby is in a safe place like the crib or play pen. Leave the room for a few minutes. It is okay to take a break.
- ✧ Close your eyes and count to 20
- ✧ Take some deep breaths
- ✧ Don't pick the baby up until you feel calm

**Be patient.** Do not take your baby's crying personally. Some babies cry no matter what you do.

**Ask for Help.** Have your partner take over. Or, call a friend or relative to help.

**Call your baby's doctor.** He/she can make sure that nothing is wrong with your baby. Ask for tips on how to help your baby stop crying.

For more information, please visit the Kane County Health Department's website at [kanehealth.com/aok.htm](http://kanehealth.com/aok.htm) or call 630-208-3801



