

“ He cried and cried without stopping. At first, it was mostly at night. Later, it seemed like he cried all the time! I did everything I could think of, but nothing would comfort him. WHY? ”

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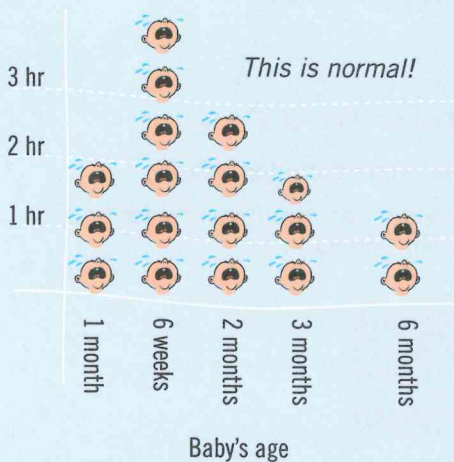
## :: baby's cries

what to know ::



No  
to violence!

### How long a baby cries per day



Babies often cry because they are hungry, cold, tired, in pain or bored.

Sometimes a baby keeps crying, even if you have tried everything to calm him down. It's normal. All babies cry – some just more than others.

Between **15% and 30% of healthy babies** fuss or **cry more than three hours a day**. Here are a few characteristics of babies who cry persistently:

- They cry more in the evening.
- They often cry for more than 30 minutes.
- Their faces become red.
- They draw their legs up to their belly, but are not in pain.
- Nothing comforts them.

**Babies cry the most at around the age of six weeks.**

This is an important period of their development and their crying is a symptom of this change.

Cries usually decrease after the age of three months.



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## ∴ what to do?

**Crying is very rarely related to a health problem.** However, if your baby has a fever or diarrhea, is vomiting or has other symptoms that appear **suddenly**, consult a health-care professional right away.

Crying is often a source of concern. It can become very irritating—even unbearable. You may feel incompetent. To calm down your baby :

- Hold or rock your baby, if you are in a calm frame of mind
- Feed and burp your baby
- Change your baby's diaper or clothing
- Change position of your baby
- Sing a few lullabies
- Take your baby out for a walk in the carriage or stroller
- Lay your baby down gently in the crib, on the baby's back
- Dim the light
- Leave your baby alone in the crib (check every 15 minutes)

### Remember...

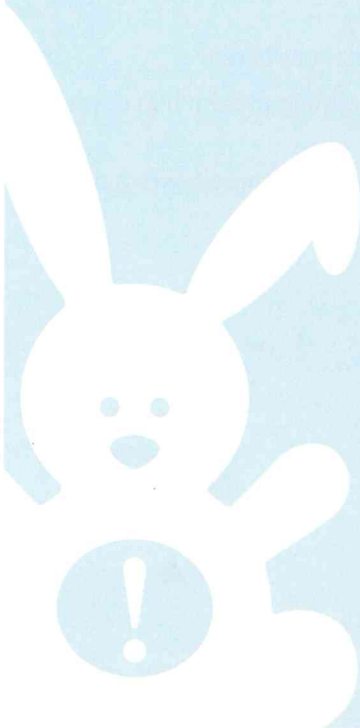
- **It does no good to try everything at once. Do one thing at a time.**
- **Crying, even when it's very loud and intense, won't harm the baby.**
- There is no magic solution. Patience, self-control and help from someone else will get you through this difficult time and calm you down.

Crisis intervention helpline for parents

**PARENTS' HELPLINE: 1 800 361-5085**

Free. Confidential. Professional. Available 24/7

This information sheet is given to all parents. By working with you to plan ways to react during difficult situations with your baby, we can together protect your child's health.

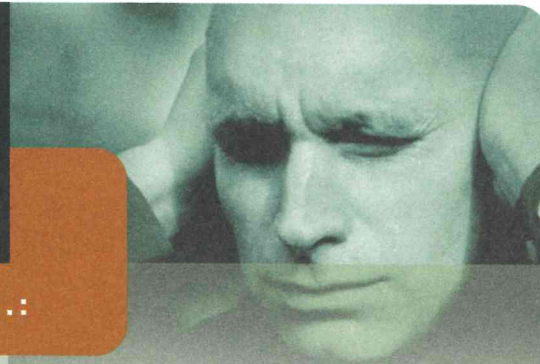


“ I felt my heart racing and I didn't know what else to do!  
 I felt my body getting warmer and warmer. I couldn't listen to him anymore, I only thought of shutting him up!  
 So, I screamed. WHY? ”

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## .: anger

### what to know .:



No  
to violence!

**Frustration, impatience and anger** are **normal** emotions that **all parents** experience at one time or another.

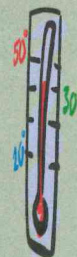
Anger is stirred up by something **unexpected, involuntary** and seemingly **uncontrollable**, such as your baby's crying.

**We don't become angry right away.** Anger grows from our thoughts and causes our body to react.

Here is how a parent's anger can grow when faced with a baby who can't be comforted:

#### MY THOUGHTS

- *Why is my baby crying?*
- *I don't know what else to do.*
- *My baby has no reason to cry.*
- *I am all alone.*
- *I didn't know my baby could cry so much!*
- *I can't deal with this!*
- *Why is my baby doing this to me?*
- *That's enough, it has to stop.*



#### MY REACTIONS

- *I frown.*
- *I raise my voice.*
- *My neck and shoulder muscles tense up.*
- *My heart races, I am short of breath.*
- *I feel warm all over.*
- *I have a headache.*
- *I scream!*



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It is important to recognize the thoughts and reactions that built up when you become angry. You have to **know your limit**.

∴ action plan

What will you do if you can no longer listen to  cry?

Father/Partner/Friend

- 1-
- 2-
- 3-

Reliable person that you can call

Father's signature:

Mother

- 1-
- 2-
- 3-

Reliable person that you can call

Mother's signature :

Your nurse:

Date:

∴ what to do?

If you are having a difficult time with your child, talk about it. **Such emotions do not make you a bad parent.** Other parents go through the same feelings.

When you can no longer stand listening to your baby cry:

- **1 Lay your baby down gently in the crib**
  - **2 Step away and leave the room**
  - **3 Call someone (parent or friend)**
  - **4 Check on the baby every 15 minutes**
  - **5 WAIT until you have calm down to pick the baby up again**
- |   |  |
|---|--|
| <input type="checkbox"/> Take at least five deep breaths        | <input type="checkbox"/> Count to 10, 20, 30 ...                       |
| <input type="checkbox"/> Drink a glass of cold water            | <input type="checkbox"/> Take a shower                                 |
| <input type="checkbox"/> Say <b>NO</b> several times out loud   | <input type="checkbox"/> Go outside for a few minutes                  |
| <input type="checkbox"/> Listen to music                        | <input type="checkbox"/> Cry   |
| <input type="checkbox"/> Write down everything you are thinking | <input type="checkbox"/> Put a soft object in your hand and squeeze it |

Remember...

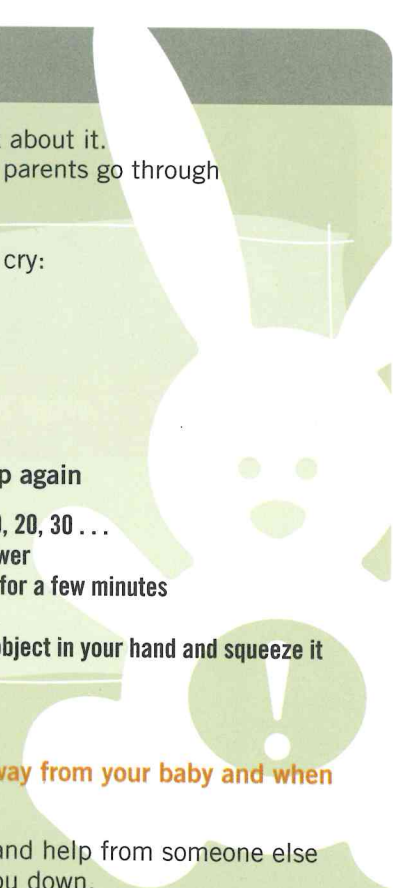
- ❶ **You have to know your limit. Know when to step away from your baby and when it is safe to go back to him.**
- ❷ There is no magic solution. Patience, self-control and help from someone else will get you through this difficult time and calm you down.

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“ It was 10 o'clock at night. I was alone. He cried non-stop!  
I tried everything. I picked him up, although I shouldn't have. I shook him so he would stop crying.  
I don't know how many times... I loved him but I felt outside myself. ”

- New father

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## ∴ shaken baby syndrome

What to know ∴



No  
to violence!

Shaken baby syndrome (SBS) happens when an adult violently shakes a baby. The baby's head bounces about in every direction, which causes his brain to bleed and swell. When brain cells burst, **they never heal. One baby in five dies** as a result of such rough shaking.

After being shaken, the baby may become **irritable and drowsy**. The baby may **vomit**, have **difficulty breathing** or have a **seizure**.

**YOU MUST CALL 911 IMMEDIATELY IF THIS HAPPENS.**

Most often, **you cannot see the injuries** as they happen inside the head.

There can be **serious consequences**. The baby could become disabled and:

- ⚠ Be blind
- ⚠ Paralyzed (not able to walk or run)
- ⚠ Have mental disabilities (difficulty speaking, not able to go to a regular school)

Other problems could arise as the baby gets older.

In some cases, he will need special care for the rest of his life.

- ⚠ Shaking a baby has a major impact on the whole family, and for a long time.

**BE CAREFUL: a baby is very FRAGILE**

- ⚠ A baby's brain is soft and delicate since it is still developing.
- ⚠ The baby's head is heavy and their neck muscles are not strong enough to handle being shaken.

The injury produced by shaking does not occur during normal play activities with your baby. Shaken baby syndrome is not a resuscitation technique.



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## NEVER EVER SHAKE A BABY, NO MATTER WHAT THE CIRCUMSTANCE!

### Factors of vulnerability (me, my partner or spouse).

- I am tired, I need sleep
- I'm having problems with those around me or in my relationship
- The baby has changed my life, but not as I had planned
- I am taking medication, or using alcohol or drugs
- I have financial troubles
- I feel that my baby is a burden
- My baby has a health problem
- My baby cries... for way too long
- None of the above, but "I've had it!"

The baby is crying. You changed his diaper, fed and burped him, he isn't too warm or too cold, and yet he is still crying! You don't know what else to do. You can't take it anymore!

### ∴ What to do?

- **1** Put the baby in a safe place, like in their crib.
- **2** Step away and leave the room.
- **3** Call for help: a friend, relative, someone you can rely on, CLSC nurse, telephone helpline, etc.
- **4** Check on the baby every 15 minutes.
- **5** WAIT until you have calmed down to pick the baby up again.

### Remember...

- 📌 **Tell EVERYONE who takes care of your baby (including babysitters)** about shaken baby syndrome.
- 📌 Any person who is in contact with a crying baby is at risk.
- 📌 Draw up an **action plan** with them, just in case...
- 📌 Show them the information sheets on crying and anger.

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