

As the Proud Parent of:

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## It is my job to keep my baby safe.

- Crying is normal • Babies cry 2 to 3 hours a day
- Crying can last an hour at a time
- Babies cry more often in the afternoon and evening

### I will not shake my baby.

Shaking can seriously injure or kill my baby. Instead, I will try to calm my baby by:

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(methods for soothing)

### If I become stressed out...

I will place my baby on his/her back in a safe crib and call a friend for help:

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(friend's names)

### I will choose my baby's caregivers wisely and I will tell them not to shake my baby.

- I will tell them to call me if they are stressed out by crying.
- I will not leave my baby with anyone who will become angry if my baby cries or bothers them.

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Parent's Signature

Date

