

Sometimes life can hand you challenges. Think before you act – Tips to Help You Think Before You Hurt a Child:

- Take a deep breath and count to 10. Repeat as necessary.
- Close your eyes and imagine that you are your child. What are you thinking about?
- Put the child in timeout – a good rule of thumb is one minute for each year of age.
- Put yourself in timeout and walk away. Think about why you are angry. Is it the child or a bigger situation in your life?
- Phone a friend
- Sing a song or turn on some music
- Call Prevent Child Abuse America for prevention information at 1-800-children

More Ways to Prevent Child Abuse

- Take time to take care of yourself. Take a break from your children by asking a friend, relative or trusted adult to watch your children while you recharge your batteries.
- Help a friend, neighbor or relative – give them a chance to regenerate by offering to watch their kids. They might even repay the favor!
- Learn to be a nurturing parent – children need to know they are loved and capable of following their dreams. Encourage your child with positive thoughts and actions.
- Get involved – volunteer to help a local prevention program, like Prevent Child Abuse Delaware , www.pcadelaware.org , 1-866-925-7223
- Never shake a baby – babies cry. Learn what to do if your child won't stop crying.

Comforting a Crying Baby (*edited from Mercy Hospital tips*)

Babies cry for many reasons, and crying is the main way babies communicate. It's the way they capture your attention and express their needs. At first, it may be difficult to understand your baby's different cries, but as you spend more time listening, you will become better at recognizing and meeting your child's specific needs. Try being especially attentive to:

- **Changes in mood** – Do your baby's mood changes seem to coincide with environment changes, the time of day, or in relation to food or naps?
- **Reactions to different situations and environments** – Your baby might get overstimulated if too many people are around or become especially upset about schedule changes.
- **Differences in your baby's cries** – At first all cries will sound the same, but, gradually, you will hear how the "I'm hungry" cry is very different from the "I'm tired" cry. Notice noise level, pitch and intensity of the cry as well as your baby's body language and facial expressions.

Dr. Harvey Karp's 5 S's

If your baby seems to be crying for "no reason," pediatrician Harvey Karp advises parents to use the Five S's, which recreate the womb environment and activate your baby's calming reflex.

- **Swaddling.** Wrap your baby in a blanket so he feels secure.
- **Side or stomach position.** Hold your baby so he's lying on his side or stomach. **But always put him on his back when he goes to sleep.**
- **Shushing.** Create "white noise" that drowns out other noises: run the vacuum cleaner, hair drier, fan or clothes drier.
- **Swinging.** Create a rhythmic motion of any kind. For example, take your baby for a ride in a stroller or car.
- **Sucking.** Let the baby suck on something, such as a pacifier.