

Keeping your baby safe

Tips to take care of yourself and your new baby

Comforting a crying baby can be stressful for caregivers. It's normal to feel frustrated and overwhelmed when this occurs. If your baby is crying inconsolably, remember to stay calm, take deep breaths and remind yourself that you're a good caregiver. Try some of the tips below to care for yourself and your baby.

Five S's of Soothing Your Baby



Try **swaddling** and laying your baby on their back



Position your baby on their **side or stomach** while holding them
(On their back is the only safe position for your baby to sleep)



Make a "**shhh**" sound with your voice or play soft music or white noise



Sucking on a pacifier or feeding can help calm your baby



Remember to P.A.U.S.E. – Take a break and don't shake

- Prepare for crying – remember it's normal for babies to cry a lot
- Anger control – recognize your frustration, but don't act on it
- Understand the risks – shaking a baby can cause serious brain damage or death
- Soothe safely – try gentle methods like rocking, swaddling and white noise
- Exit if needed – if you're overwhelmed, place your baby safely in a crib and take a break

Crying is normal, shaking is not

If you think your baby was shaken, seek medical attention right away. Call 911 or Providence Alaska Medical Center's 24-Hour Nurse Advice Line at 907-212-6183.

Signs your baby may have been shaken include:

- Rigidity
- Seizures
- Lethargy
- Vomiting
- Poor feeding
- Difficulty breathing
- Dilated pupils
- Blood spot in eye

Additional Resources



How to put your baby to sleep



Happy Baby Q&A

