



Julia Li, Age 10 - Martin Luther King Elementary School



### When a Baby Cries

It's normal for babies to cry. No matter how stressed, tired, angry or frustrated you feel, you must never shake a baby. How to cope with a crying baby:

- Make sure the baby's needs (food, diapering, appropriate clothing, etc.) are met.
- Try swaddling, tightly wrapping your baby in a blanket for warmth and security.
- Lower the lights and noise to help calm the baby.
- Walk the baby around holding him or her close to you.
- Take a break – sit down and count to 10 or 20.

|               |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| DECEMBER 2009 |    |    |    |    |    |    |
| S             | M  | T  | W  | T  | F  | S  |
|               | 1  | 2  | 3  | 4  | 5  |    |
| 6             | 7  | 8  | 9  | 10 | 11 | 12 |
| 13            | 14 | 15 | 16 | 17 | 18 | 19 |
| 20            | 21 | 22 | 23 | 24 | 25 | 26 |
| 27            | 28 | 29 | 30 | 31 |    |    |

# JANUARY

|               |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| FEBRUARY 2010 |    |    |    |    |    |    |
| S             | M  | T  | W  | T  | F  | S  |
|               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28            |    |    |    |    |    |    |

| SUNDAY | MONDAY                 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY        | SATURDAY |
|--------|------------------------|---------|-----------|----------|---------------|----------|
|        |                        |         |           |          | 1             | 2        |
|        |                        |         |           |          | NEW YEARS DAY |          |
| 3      | 4                      | 5       | 6         | 7        | 8             | 9        |
| 10     | 11                     | 12      | 13        | 14       | 15            | 16       |
| 17     | 18                     | 19      | 20        | 21       | 22            | 23       |
|        | MARTIN LUTHER KING DAY |         |           |          |               |          |
| 24     | 25                     | 26      | 27        | 28       | 29            | 30       |
| 31     |                        |         |           |          |               |          |

### Family Helpline - 1-800-THE KIDS

*If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help.*