



As the Proud Parent of

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:*

If I become stressed out, I will place my baby on his/her back in a safe crib and

Call a friend for help:

*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.*

Parent's Signature

Date

