

WHILE WE'RE OUT...

The _____ Family Babysitter Notes

We will be at: _____

Cell #: _____

We should be home around: _____

In case of emergency

Address: _____

If you can't reach us, call _____ at _____

Remember

•& _____

•& _____

House Rules

•& _____

•& _____

WHAT TO DO WITH A CRYING BABY

Remember, nothing works all the time. And that's OK. There are many other things you can try. Crying does NOT mean there's anything wrong, with you or the baby!

It's normal to sometimes feel frustrated. If you get frustrated, it's okay to put the baby down in a safe place, like their crib. You can walk away for a few minutes, take some deep breaths to calm yourself down or call a friend if you need to. It's OK. The baby is safe in the crib. Be sure to check on the baby every 5-10 minutes.

Try something simple:

1. Feed the baby. Hunger is often the main reason babies cry.
2. Burp the baby. Gas can be very painful.
3. Check the baby's diaper. Does it need changing?
4. Give the baby something to suck on, like a binky.
5. Look the baby in the eye and smile.

Comfort the baby:

6. Wrap the baby snugly in a light blanket. (This is called swaddling.)
7. Give the baby a lukewarm bath. Stay with the baby the whole time.
8. Massage the baby gently on the back, arms, or legs.
9. Sing softly. People all over the world sing lullabies to crying babies.
10. Calm the baby with soft words like "it's OK." (This can help comfort both you and the baby.)
11. Hum in a low tone against the baby's head.

Distract your baby:

12. Run a vacuum cleaner or dishwasher to make "white noise." This may take the baby's mind off crying.
13. Rock with the baby in a rocking chair. This may relax you both.
14. Push the baby in a stroller.
15. Put the baby in a baby swing for a slow, rocking motion.
16. Place the baby underneath a lighted mobile.
17. Dance slowly while holding the baby... and relax!