## Crying & Fussing
Babies cry and fuss to communicate their needs - hunger, sleepiness, diaper change. They need to be held and cuddled to help them feel safe and secure.

**TRY TO SAY / DO**  
Check to see if baby’s **diaper** needs to be changed, offer a bottle or breast to **feed** them, or just pick them up and **cuddle** them.

**INSTEAD OF**  
DO NOT shake baby.  
DO NOT hit baby.  
DO NOT toss baby into the air.

**TRY TO SAY / DO**  
Try a **swaddle**:

<table>
<thead>
<tr>
<th>Step</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><img src="image1" alt="Step 1" /></td>
</tr>
<tr>
<td>2</td>
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<td>3</td>
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<tr>
<td>5</td>
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</tbody>
</table>

**INSTEAD OF**  
Ignore baby’s crying.

**TRY TO SAY / DO**  
Try a **belly hold** to help your baby pass gas:

**INSTEAD OF**  
Hitting baby’s butt.

**TRY TO SAY / DO**  
Try taking a walk **outside**, or a **car ride** around the block.  
Try a **pacifier**, **wearing baby** in a sling or carrier.  
Gentle **rocking** or **swinging** and **walking** calms baby down.

**INSTEAD OF**  
NEVER leave baby alone in a car.

## Putting Everying into Mouth
Child is learning hand-mouth co-ordination, or is teething and needs safe objects to chew on.

**TRY TO SAY / DO**  
“Here is a binky instead!”  
“Look at this cool [safe teething toy]!”

**INSTEAD OF**  
Hitting baby’s hand.

**TRY TO SAY / DO**  
Put a **damp washcloth into freezer** for baby to chew on.  
**Child-proof** by removing small, chokeable objects from reach.

## Baby Won’t Stop Crying No Matter What You Try

**TRY TO SAY / DO**  
1) Place baby safely in a crib **without** any blankets or pillows  
2) Leave the room to take a short break - take deep breaths.  
3) Ask for help from a partner, family member or call a friend.

**INSTEAD OF**  
DO NOT hit or shake baby.
Behavioral Problem:

<table>
<thead>
<tr>
<th>WILL TRY TO SAY / DO</th>
<th>WILL NOT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hit (spank, whoop, tap)</td>
</tr>
<tr>
<td>2.</td>
<td>Yell or scream</td>
</tr>
<tr>
<td>3.</td>
<td>Isolate</td>
</tr>
</tbody>
</table>

To schedule or attend a Painless Parenting workshop, email: NOCAC@LCMHealth.org

Dear Parents Campaign

Parenting Tips

- www.CDC.gov/parents/
- www.ZEROТОTHREE.org/parenting/discipline-and-limit-setting
- www.PARENTINGCOUNTS.org
- www.HEALTHYCHILDREN.org
- www.PLAYNICELY.vueinnovations.com
- www.SPARETHEKIDS.com

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Dear Parents Campaign

- www.facebook.com/NOCAC
- www.instagram.com/new_orleans_CAC

Dear Parents Campaign

- www.facebook.com/NOCACDearParents
- www.instagram.com/nocac_dearparents

PAINLESS PARENTING PLEDGE

I, .................................................. , pledge to never use any form of physical discipline.

I will not hit, spank, whip or tap my child/children.

I know that corporal punishment can harm my child’s physical, intellectual and psychological wellbeing, and damage our relationship.

I understand that science has proven that all forms of spanking are harmful, ineffective and can have negative effects on their brain.

I pledge to use effective parenting alternatives that model that hitting is not an acceptable tool for parenting, leadership or expressing emotions.

Parent ..................................................  Date ..................................................