

Ways to Handle Frustration

DON'T Take Your Frustration Out on the Baby!

Never, Never Shake A Baby!

First, Put the Baby Down!!

Here are some ideas on how to handle your frustration when your baby is crying

- Put the baby in crib,
make sure the baby is safe,
close the door,
try to do something to relax yourself
check on the baby every few minutes or so
- Call a trusted friend, relative, or neighbor
ask them to watch the baby and to give you a needed break
- Sit down, close your eyes, and take 20 deep breaths
- Relax, take a bath or shower, exercise, or play music
make sure the baby is in a safe place (like her crib or playpen)
- Call one of the crisis hotlines -- talk to someone!
- Think about how much you love your baby