

(Your Pediatric Office Here)



\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

***When you have tried everything else and the baby still cries:***

- Try to establish a regular routine
- Hold Calmly
- Gently Rock
- Recognize hunger cries
- Swaddle
- Get help if you feel exhausted or overwhelmed
- If alone, set the timer for 5 to 10 minutes place the infant in a crib or safe place, leave the room to “de-stress” and then try again

\_\_\_\_\_  
Staff Signature

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