



PENN HIGHLANDS LIFE'S JOURNEY

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ALCOHOL AND DRUG ABUSE SERVICES, INC.

1305 Bucktail Road
Saint Marys, PA 15857
814-781-1700

CLEARFIELD-JEFFERSON DRUG AND ALCOHOL COMMISSION

480 Jeffers Street
DuBois, PA 15801
814-371-9002

988 SUICIDE AND CRISIS LIFELINE

<https://988lifeline.org/>

April 2024

New Approach To Success Program

Penn Highlands Healthcare



*Parenting Tips
- My Baby is Crying*



Helpful tips to console baby after discharge

My baby is crying and I don't know what to do:

- Keep lighting low to help calm baby
- Swaddle
- Use pacifier/binky
- Sit still and hold baby close to your body
- Rock baby with a smooth, slow, up and down motion
- Rub baby's back, patting may be too much stimulation
- Feed on demand and let baby sleep when tired
- Use soft music
- Use swing when holding does not help
- Use slow movements
- Give a swaddle bath
- Take baby to quiet room and talk softly
- Hold skin to skin
- When feeding baby, burp often, to decrease stomach upset.
- Talk softly and gently to baby (try to not overstimulate the baby)
- Call for some help, it's okay to ask! Everyone needs a break once in a while.

How do I swaddle?

1. Fold blanket to look like a triangle
2. Place your baby on the blanket with their shoulders on the folded down part of the blanket.
3. Swaddle with hands centered.
4. Bring the bottom corner up to the baby's chest.
5. Pull the last side of the blanket and wrap around baby.

Swaddled Baby

