

PENN HIGHLANDS LIFE'S JOURNEY

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ALCOHOL AND DRUG ABUSE SERVICES, INC.

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CLEARFIELD-JEFFERSON DRUG AND ALCOHOL COMMISSION

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

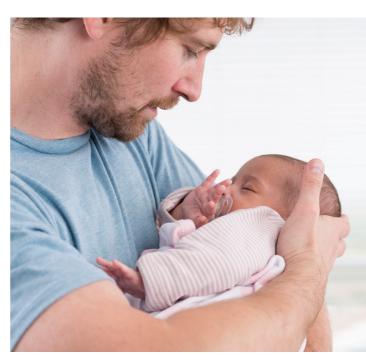
988 SUICIDE AND CRISIS LIFELINE

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 handes 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

