All babies cry. Crying is the most effective way for babies to communicate their needs. If you are unable to calm your baby, you may begin to feel frustrated, angry, helpless, and distressed. No matter how you feel, always be gentle with your baby. Never shake an infant or child. Shaking a baby can cause injury or even death.

How can I get help?

Call the Childhelp National Child Abuse Hotline 1-800-4-A-CHILD

For more information visit http://www.cdc.gov/ncipc/dvp/CMP/default.htm.