



Everybody understands there are times when you have to leave your child with another person.

Every parent needs that kind of help sometimes – for a little while to shop or take a break, or all day to go to work.

Your baby is counting on you to find a caring caregiver.

**Who can you count on?**

Some caregivers are loving and patient. But some are not. You know yourself that even babies can make you really angry – like when they're crying or "won't listen."

It's hard to imagine someone you love or trust could ever hurt your child, but it happens. Just because someone is a lover, relative or close friend does not mean they can take care of a child.



National Parent Helpline  
1-855-427-2736

Contact the National Parent Helpline at 1-855-4 PARENT (1-855-427-2736) for more information, help and support or visit [www.nationalparenthelpline.org/](http://www.nationalparenthelpline.org/).

Choose your caregiver carefully – your baby is counting on you.



2017

One of the most important decisions you can make is who you choose as a caregiver for your child.

- How well do you know the person who will be caring for your child?
- Does the person make good decisions?
- Is the person responsible and trustworthy?

**When choosing a caregiver, find someone who:**

- **will never** shake, hit, yell at, make fun of or withhold food from a child.
- **has experience** caring for babies and young children.
- **is patient and mature** enough to care for an excited or crying baby.
- **understands** that young children must always be watched.
- **does not abuse** alcohol or drugs or carry a weapon and will not allow a child to be around others who may be drinking, using drugs or carrying weapons.
- **will not be on medications** that have bad side effects or cause drowsiness.

Many children are harmed each year by adults who just don't know how to take care of a child – especially when the child is crying or being difficult. Never leave your child with someone you don't trust.

**Find someone else.**

**If you need help, contact the National Parent Helpline at 1-855-4A PARENT (1-855-427-2736).**

**Some questions that can help you decide if someone would make a good caregiver:**

- **How does he/she treat** you and other adults? How does he/she treat children (nieces, nephews, friends' children)?
- **Does he/she get angry** when you spend time with your child?
- **Does he/she get angry or impatient** when your child cries or has a tantrum?
- **Does he/she criticize** your child or call your child bad names?
- **Does he/she think** it's funny to scare your child?
- **Does he/she make** all the decisions for you and your child?
- **Does he/she say**, when hurting your child, that you are to blame or that it's no big deal?
- **Does he/she scare** your child by using guns or knives or other weapons?

**If you answered "yes" to even one of these questions, your child could be at risk.**

**Make sure your caregiver knows what to do when your baby won't stop crying.**



Put this list on your refrigerator or another place where the caregiver will be sure to see it.

My cell phone number:

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Emergency numbers: **911** or:

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## What to do if the baby won't stop crying



Never shake the baby. It takes only a few seconds of shaking to cause bleeding in the brain which can lead to long-term injury or death.



Do what is needed if baby is hungry, needs to burp or be changed from a soiled diaper, is too hot or too cold.



Encourage baby to sleep by walking calmly while gently holding the baby and singing or quietly talking.



Offer, but don't force, a pacifier.



If nothing else works, place the crying baby in an empty crib, lying on his or her back. Check on baby every five minutes or so. This gives you a chance to take some deep breaths and calm down while the baby is safe.



Call me or one of the emergency numbers for help.