

# Power to Protect

## Coping with a crying baby

Shaking a baby, even just a little, can severely injure or even kill them. If your baby is crying and you feel frustrated, be strong enough to walk away, take a break and come back when you are ready to comfort your baby.

**Remember, you have the power to protect**

Read our brochure 'Power to Protect – coping with a crying baby' for helpful tips on crying and people you can call for help.



FOR MORE ADVICE OR HELP VISIT:

[www.kidshealth.org.nz/  
crying-what-do](http://www.kidshealth.org.nz/crying-what-do)

or call Plunketline  
0800 933 922



P2P Video

**Te Whatu Ora**  
Health New Zealand

Te Kāwanatanga o Aotearoa  
New Zealand Government

