

## Coping With Crying 4 PSA (:30)

[Female voice – “Mom”]

The crying.

The late-night feedings.

The diaper changes.

The exhaustion.

If you've been around a baby who won't stop crying, you *know* there's potential to get frustrated. Focus on calming yourself and understand that you may not be able to calm your baby. It's not your fault or your baby's. Ask a friend or family member for help or call a Parent Helpline.

Just remember - it *will* get better.

For more information, visit [www.cdc.gov/injury](http://www.cdc.gov/injury).

A message from CDC.