



*As the Proud Parent of:*

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*It is my job to keep my baby safe.*

*Crying is normal.*

*Babies cry 2 to 3 hours a day.*

*Crying can last an hour at a time.*

*Babies cry more often in the afternoon and evening.*

*I will not shake my baby.*

*Shaking can seriously injure or kill my baby.*

*Instead, I will try to calm my baby by:*

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*If I become stressed out, I will*

*Place my baby on his/her back in a safe crib and*

*Call a friend for help:*

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*I will not shake my baby.*

*I will choose my baby's caregivers wisely and*

*I will tell them not to shake my baby.*

*I will tell them to call me if they are stressed out by crying.*

*I will not leave my baby with anyone who will become angry if my baby cries or bothers them.*

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*Parent's Signature*

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*Date*