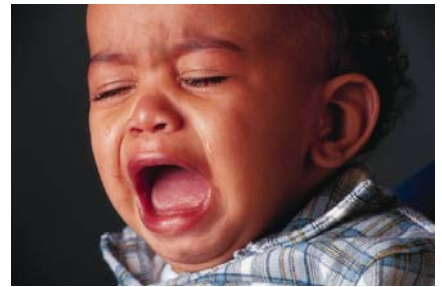


Dad Facts



Do you know how to soothe a crying baby?

Why do babies cry?

- That is how they communicate.
- Time to eat
- Check that diaper
- Too hot or too cold
- Too much going on
- Baby is bored
- Doesn't feel well
- Wants to be held
- No reason at all, that's what they do!



How Dad's can soothe a baby...

Use a pacifier.

Rock and comfort the baby.

Dance with them and make up your own songs to sing.

Brush up on your goofiness...make funny faces and sounds.

Hold the baby close...being close is comforting.

Wait it out...it is ok if babies cry if you have checked the "why do babies cry" reasons. It's ok to put the baby down.

Let someone else try...call someone.



Babies need to learn how to soothe themselves by sucking their thumbs, rocking etc. so it is OK if your child cries him/her self to sleep. When the cry becomes a scream is when you need to recheck the reasons babies cry and try soothing them again. You're dad...you will know the difference!

What to do when you get frustrated...and you will!

- Put the baby in a safe place ***
- Call a friend or relative to help out
- Put on headphones to distract yourself from the crying.
- Remember that crying won't hurt the baby.
- Remember that you won't always be able to stop the crying...Its OK but if you are concerned, contact the baby's doctor.
- What ever you do...DO NOT SHAKE THE BABY. Just walk away.



***Safe Places for Baby:

Crib or Pack-n-Play, free of soft bedding, toys and food where no one else is sleeping,

Babies should never sleep in an adult bed or on a couch and they should always sleep alone.

Resources for Dads

Your child's doctor

Cribs for Kids, at Next Generation Now
1220 Mound Avenue, Racine
635-1920
Free Pack-n-Plays

Safe Kids Coalition Kenosha-Racine
Wheaton Franciscan Healthcare – All Saints
3821 Spring Street, Racine
687-3366

Public Health Departments
City of Racine Health Department
Caledonia/ Mount Pleasant Health Department
Western Racine County Health Department
Kenosha County Division of Health

211
Social service information and referral services

Crisis Intervention (Kenosha County)
For individuals feeling like they are in a crisis
And need to talk to someone or receive services.

Care Net Family Resource Center
Racine and Kenosha County

Racine Fatherhood Project -Racine Family YMCA
725 Lake Ave.
Racine, WI 53403
Contact: Ahmad K. Qawi
Email: aqawi@ymcaracine.org

Safe Sleep Program 262-605-6723
Kenosha County Division of Health

Now that you have the “dad facts” share them with your parents, friends, girlfriend/wife or anyone who might care for your child. Be confident in your role and in what you know!

“Advice from real dads” are true statements made by dads in a Racine County focus group.



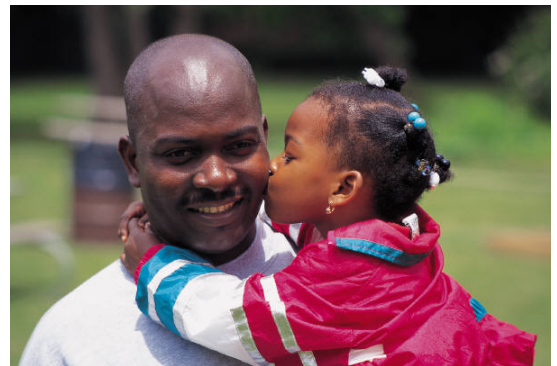
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Simply dial 211

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