

Babies cry.  
Have a plan.



# Self-calming strategies key

*(For use with the Self-Calming Brainstorm Activity.)*

**D**uring the activity, you will ask participants to brainstorm some self-calming strategies. Use the following list as a reference to help you facilitate the activity.

Put the baby in a safe place like the crib, leave the room, close the door, and take a break.

- Imagine you are somewhere relaxing and pleasant like a warm beach.
- Read.
- Listen to music.
- Take a shower or bath.
- Take a deep breath and slowly count to 10. Don't think about the problem – just concentrate on your breathing, count, and calm down
- Close eyes and take deep breaths.
- Write down the 5 best things about yourself.
- Write down the 5 best things about the baby.
- Write down your feelings.
- Count to 100.
- Ask a friend or relative to come and help.
- Talk to someone about your feelings.
- Concentrate on something like a crossword puzzle.
- Use positive self-talk (for example, “I can calm myself” and “the baby knows I am trying”).
- Ask a friend, relative, or caregiver to look after the baby so you can leave for a break.
- Join a parenting group for emotional support and to build parenting skills.
- Do something that makes you laugh or smile.
- Yell in a room away from others.
- Yell in your head silently.
- Yell into a pillow.
- Beat on pillows, cushions, or mattress.
- Hit a punching bag or weight bag.
- Scream with a towel in your mouth.
- Rip a telephone book or newspaper.
- Exercise.
- Do housework; shake a rug.

Remember, it's more important to stay calm than stop the crying.

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