

Are you strong enough?

Never ever shake a 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, or contact
your Well Child provider

 hpa health promotion
agency

New Zealand Government

 **AUCKLAND**
DISTRICT HEALTH BOARD
Te Rau Kōwhiri

 **MINISTRY OF
HEALTH**
Māori Te Rau