

Frustration Happens: Plan for It

1. When a baby or small child in my care cannot stop crying, I will check the baby's basic needs

☐ Hungry?

☐ Bored?

☐ Dirty diaper?

☐ Lonely?

☐ Teething?

☐ Tired?

☐ Sick?

☐ Over stimulated?

2. When a baby or small child in my care continues to cry, I will try the following activities to help soothe him or her by:

- _____
- _____
- _____

3. When my frustration is increasing and I need to take a "time-out", the baby will be safe if I put him/her in one of these places...

- _____
- _____
- _____

... and I can do the following stress relieving things for myself:

- _____
- _____
- _____
- _____

4. When I need to talk to someone due to stress of the crying baby, these people have agreed to be there for me: (names *and* phone numbers)

- _____
- _____
- _____

I will post this information and share it with ALL of my child's caregivers.

24 hour support line 1-888-281-3000