



When I Cry

Make sure my diaper is dry

Make sure I'm not too hot or too cold

Check for signs of illness like diaper rash, teething, or tight clothing

Try feeding or burping me

Gently rock me or take me for a ride

Call my doctor if you think I am sick

Sometimes I just need attention;
please BE PATIENT.

Remember, taking care of a small baby is a big job. If you get frustrated, please ask a trusted friend or relative to take care of me until you are calm.

Never ever shake me.

For help please call

Auburn Family Resource Center
530-887-3536

Colfax Community Resource Center
530-346-9575

Roseville Family Resource Center
916-774-6802

Placer County Child Protective Services
800-886-5401

The Hannah Rose Project

It only takes a minute
to keep your baby safe





Sweet Dreams

Always place me on my back to sleep—for naps and at night.

Place me on a firm sleep surface, such as a safety-approved crib, covered by a fitted sheet.

Keep soft objects, toys and loose bedding out of my sleep area.

Keep my sleep area close to, but separate from, where you and others sleep.

Don't let me overheat when I am sleeping.

Don't allow smoking around me—ever!

For help please call

Auburn Family Resource Center
530-887-3536

Colfax Community Resource Center
530-346-9575

Roseville Family Resource Center
916-774-6802

Placer County Child Protective Services
800-886-5401

The Hannah Rose Project

It only takes a minute
to keep your baby safe

