

# PARENTING IS HARD

## You Are Not Alone

Crying is a normal part of your baby's development, but it can be frustrating for parents. It can cause you both to lose sleep and test your patience. You may also find the important steps for safe sleep hard when you and your baby are tired. This is normal and you're not alone.

Keep these tips in mind when putting your baby to bed for a nap or at night.



Your baby may cry a lot, until they are around 5 or 6 months old.

Sometimes your baby may not be soothed; it's not your fault.



It's okay to put your baby in a safe space and take a break.

When you're frustrated, stop, step away, wait to react to your crying baby when you're calm.



Make a circle of helpers to step in when you need a break.

Know when to call your circle for help.



Bedtime routines can help you and your baby when you're frustrated.

Read a book to your baby before bed.

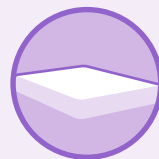
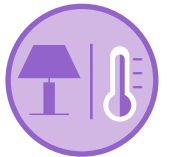


Put your baby to bed at the same time every night.



Your baby is safest sleeping on their back.

Your baby's room should have dim light and a temperature between 68 and 72 degrees.



Firm mattresses are the safest!

Keep your baby away from smoke, including cigarettes and vaping.



Share your room, not your bed. Room sharing can make it easier to feed and comfort your baby.

Your baby sleeps safest alone. No toys, no blankets, nothing but the baby.



For help with parenting,  
call the Oklahoma Warmline at 1.888.574.5437  
or email [warmline@health.ok.gov](mailto:warmline@health.ok.gov).