

When I Sleep

- ❖ Only place me on a firm mattress in my crib.
- ❖ Remove pillows, quilts, comforters, toys, and other soft products from my crib.
- ❖ Place me on my **back** for naps and bedtime.
- ❖ If I need a blanket, make sure it comes up no higher than my chest and is tucked under the mattress.
- ❖ Make sure my head and face are uncovered.
- ❖ At all times, provide me with a smoke-free environment.
- ❖ If you get tired, put me in my crib.

When I Play

- ❖ Supervise me at all times.
- ❖ Place me on my tummy. It will help me strengthen my neck and shoulder muscles.
- ❖ My toys should be big enough that they do not fit in my mouth, nose, or ears.
- ❖ My toys should not have sharp edges, loose ribbons, strings, or removable parts.
- ❖ Remember, no balloons!

Messages:

All About Me!

My Name: _____

My Address: _____

My Phone Number: _____

My Date of Birth: _____

My Day

Mealtime: _____

Naptime: _____

Playtime: _____

Allergies: _____

Medications: _____

Emergency Phone Numbers

My Parents Name: _____

Phone: _____

Cell: _____

My Doctor: _____

Fire Station: _____

Poison Control: 1-800-222-1222

**Parent Helpline:
1-800-CHILDREN (244-5373)**

When in doubt, call 911

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What to do When I Cry Check to see if I am:

- Bored
- Hungry
- Lonely
- Scared
- Teething
- Tired
- Too Cold
- Too Hot
- Wet

It's OK to call my mom or dad if you're not sure what to do!

I like: _____

I don't like: _____

What to do if my crying is frustrating you

- ❖ Take a deep breath and stay calm.
- ❖ Remember I cry to communicate with you.
- ❖ Soothe me by rocking me gently; or take me for a walk.
- ❖ Place me in a safe place like my crib, on my back, and take a short break.
- ❖ Check on me every 10-15 minutes.
- ❖ Offer me a pacifier.
- ❖ My crying may not stop no matter what you try.
- ❖ Call my mom or dad or someone you trust to help.

Just remember my crying is normal...so have a plan to cope.

Lè M Ap Dòmi

- ❖ Sèlman mete mwen sou matla solid nan bèso mwen.
- ❖ Retire zòrye, kouvrela plim, kouvrela epè, jwèt, ak lòt pwodui moun nan bèso mwen.
- ❖ Mete mwen sou **do** pou kabicha ak lè pou mwen dòmi.
- ❖ Si mwen bezwen yon dra pou mwen kouvri, asire ou mete li pa pi wo pase pwatrin mwen epi asire li ou foure li anba matla a.
- ❖ Asire tèt mwen ak figi mwen pa kouvri.
- ❖ Toutan, ban mwen yon anviwònman ki pa gen lafimen.
- ❖ Si ou fatige, mete mwen nan bèso mwen.

Lè M ap Jwe

- ❖ Sipèvize mwen toutan.
- ❖ Mete mwen sou vant mwen. Sa ap ede mwen ranfòse miskilati kou mwen ak miski lati zèpòl mwen.
- ❖ Jwèt mwen yo ta dwe gwo ase pou yo pa ka antre nan bouch mwen, nan nen mwen os wa nan zòrèy mwen.
- ❖ Jwèt mwen yo pa ta dwe gen pwent ki file, riban ki lache, fil oswa pati ki ka sòti.
- ❖ Sonje, pa ban mwen balon!

Mesaj: _____

Tout Sa pou Konnen sou Mwen!

Non Mwen: _____
Adrès Mwen: _____
Nimewo Telefòn Mwen: _____
Dat Mwen Fèt: _____

Jou Mwen

Lè pou mwen manje: _____
Lè pou mwen kabicha: _____
Lè pou mwen jwe: _____
Alèji: _____
Medikaman yo: _____

Nimewo Telefòn pou Ijans

Non Paran Mwen yo: _____
Telefòn: _____
Selilè: _____
Doktè Mwen: _____
Kazèn Ponpye: _____

Kontwòl Pwazon: 1-800-222-1222

**Liy Èd pou Paran:
1-800-CHILDREN (244-5373)**

Lè ou pa sèten, rele 911

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Sa pou fè Lè m ap Kriye Tcheke pou wè si mwen:

- Toumante
- Grangou
- Poukont mwen
- Pè
- Ap fè dan
- Fatige
- Twò Frèt
- Twò Cho
- Mouye

**Pa gen pwoblèm pou rele manman
mwen oswa papa mwen si ou pa
byen konnen sa pou fè!**

Mwen renmen: _____

Mwen pa renmen: _____

Sa pou fè si kriye mwen fwistre ou

- ❖ Respire fò epi rete kalm.
- ❖ Sonje mwen kriye pou kominike avèk ou.
- ❖ Kalme mwen lè ou balanse mwen dousman; oswa mennen mwen fè yon pwomnad.
- ❖ Mete mwen yon kote ki gen pwoteksyon tankou nan bèso mwen, sou do mwen, epi pran yon ti repo ou.
- ❖ Tcheke mwen chak 10-15 minit.
- ❖ Ofri mwen yon tetin.
- ❖ Kriye mwen ka pa sispann kèlkeswa sa ou eseye.
- ❖ Rele manman mwen oswa papa mwen oswa yon moun ou fè konfyans pou ede mwen.

**Sèlman sonje kriye mwen nòmal...
poutèt sa gen yon plan pou debouye.**