

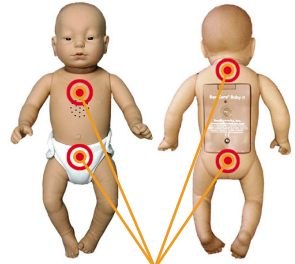


RealCare® Program Participant Care Card



When Baby Starts Crying:

1. Pick Baby up, touch your ID to Baby, and listen for the chime sound. The best areas for ID recognition are as shown.



2. If Baby chimes, that means it recognizes you as the parent. Try feeding, burping, rocking, or changing diapers.

- **Feed:** Hold the bottle or breast feeding device to Baby's mouth. Baby makes feeding sounds and coos when done. *Hold Baby while feeding or Baby cries.*
- **Burp:** Pat Baby's back. Baby makes small whimpering sounds and then burps after several minutes.
- **Rock:** Provide constant, gentle rocking motion. Baby makes soft whimpering sounds and coos when done.
- **Diaper:** Take off Baby's diaper. Baby still whimpers. Put the OTHER diaper on. Baby coos.

If you heard the chime, attempted each of the 4 care events, and Baby is still crying:

3. Pick Baby up and try rocking for 1 minute.

Baby's head may have been unsupported, it may have been roughly handled, or Baby may just be fussy. Rocking helps Baby quiet down. **Fussy crying lasts for 3 MINUTES and then Baby coos.**

4. Double-check the ID.

Hold your ID next to Baby's diaper area and listen for the chime again. If Baby still does not chime, make sure Baby is being held on its back.

Here are some other things that may happen while you have Baby:

- Breathing sounds mean Baby is sleeping or being rocked.
- Coughing or cooing (happy) sounds means Baby is awake.
- Hearing the ID chime but not being able to quiet Baby for a few minutes means Baby was just fussy.
- Baby cries if it is upside down or on its tummy for five or more seconds.
- Be careful to support Baby's head while changing Baby to avoid head support issues.
- If you are feeding, burping, rocking, or changing Baby when the head falls back or you roughly handle Baby, Baby cries loudly. Rock Baby until it is quiet. You don't need to care for Baby until it cries again.
- You have 2 minutes to start caring for Baby before missed care is recorded.
- Baby comes with several clothing items. Keep track of each item.
- Dress Baby appropriately for environmental conditions. Baby will track which article(s) of clothing it has on, and for how long.
- Change Baby's clothing according to your teacher's instructions. At a minimum, clothing should be changed from daytime outfit to sleeper, and back again in the morning.

Frustration-reducing measures for when Baby is crying:

- Take several deep breaths and count to ten.
- Say the alphabet.
- Put Baby in a safe place, then leave the room for a few minutes.
- Close your eyes and think of something pleasant.
- Ask someone else to help.

*Baby records Shaken Baby Syndrome if it is shaken
(head moves back, forward, and back again in two seconds).*

Safe holding methods



At your shoulder



The cradle hold



The football hold



Using a carrier

Frustration-reducing measures for when Baby is crying:

- Baby may cry while you are driving. Please be aware that the crying may start unexpectedly, and you should be prepared.
- Never leave Baby unattended in a public place given the potential for misunderstanding.
- Bring your vehicle to a complete stop in a safe location before caring for Baby, or to retrieve a piece of Baby's equipment that falls.
- Do not feed, burp, rock, change diapers, or otherwise care for Baby while driving.
- Failure to install Baby in a car seat in a motor vehicle could result in Baby or the seat becoming projectiles in the event of a sudden stop or accident.
- Do not place Baby on or near a stove, especially while cooking.
- Never take your wristband off. Not only will you be deducted points, but you may lose the ID or stumble around in the dark looking for it if Baby cries during the night.
- Baby should sleep somewhere close to your sleeping quarters, but not in bed with you. Baby may fall out of the bed or you could roll over on it, causing damage to Baby and discomfort to you.
- Loud crying near people with potentially serious physical conditions, such as those susceptible to heart attack or stroke, should be avoided.
- Make a note in your diary where you had to delay care of Baby because your safety or that of others may have been compromised.
- Do not place Baby in or near water.
- Baby's crying or other sounds may cause pets to become agitated or aggressive. Keep Baby out of the reach of pets or other animals.
- Use an infant car seat or carrier to transport Baby.
- Baby weighs 6.5 to 7 pounds and could cause discomfort for individuals with back pain.
- Do not operate any type of equipment or attempt tasks requiring the use of both hands while holding Baby.
- Do not allow small children to play with Baby. Baby's hands and feet could be a choking hazard.

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