Coping With Crying 3 PSA (:30)

[Male voice – "Dad"]

The crying.	
The late-night feedings.	
The diaper changes.	
The exhaustion.	
If you've ever been around a baby who won't stop crying, you <i>know</i> there's potential of get frustrated. Focus on calming yourself and understand that you may not be able to calm your baby. It's not your fault or your baby's. Ask a friend or family member for help or call a Parent Helpline.	to
Just remember - it will get better.	
For more information, visit www.cdc.gov/injury .	
A message from CDC.	