

All Babies Cry

HAVE A PLAN. SHARE YOUR PLAN. TAKE A BREAK.



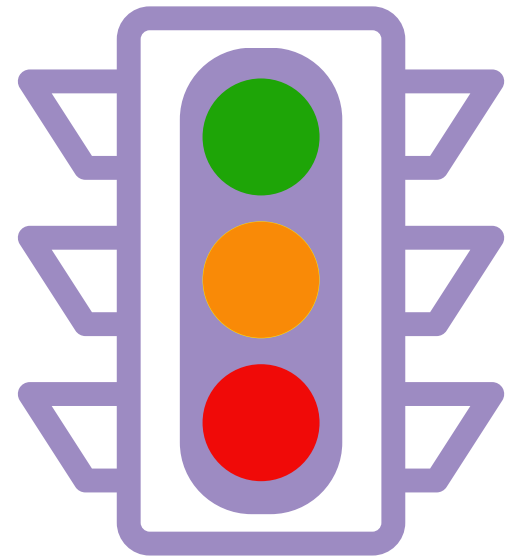
All parents experience moments of overwhelming stress and exhaustion while caring for a newborn. It is important to have a plan in place before those moments and to share it with your support person.

Agree ahead of time on the language you will use to identify when you are in the orange zone and take a break before you enter the red zone.

In the **GREEN ZONE** your body feels calm. You can experience emotions and evaluate options on how to respond. Here you are able to self-regulate.

In the **ORANGE ZONE**, you feel increased tension in your body. It may feel difficult to express your emotions and takes more effort to self-regulate.

In the **RED ZONE** you experience significant tension in your body. You are not in control of your actions or emotions.



Our identified phrases:

Our identified supports & their contact information:

When alone, it's ok to put your baby down in a safe place and take a short break. If you need more time to deescalate, use your plan to ask for help.