

Six Healthy Ways to Handle Anger Towards Your Baby

1. **Stop; don't do anything. Never pick up your baby when you are angry.**
2. **Take ten deep breathes, exhaling slowly each time.**
3. **If your baby is older than three months, healthy, and your pediatrician has okayed it, then put your baby in a safe place (like his crib) and walk away. Crying won't hurt him.**
4. **Realize that you need help. Call your mom or a girlfriend and ask her to come over as soon as possible.**
5. **Get more rest. If you need to hire a baby-sitter so you can grab a few hours of sleep each day, do it.**
6. **Say positive things to others about your baby. Mention what you love most about her and about being a mom.**

