



All babies cry.

Being a parent is stressful and challenging for many reasons. But all babies do cry - you can cope.

It's okay to ask for help if you are worried or struggling to cope. Speak to a friend or relative, Health Visitor, GP or midwife.

If you are worried your baby is unwell contact your GP or call 111 or 999 in an emergency.



Babies Cry, You Can Cope

www.iconcope.org