

Coping with Crying: My Personal ICON Plan

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Infant crying is normal - Remember: Babies Cry, You Can Cope

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Comfort methods I can try...

Think about if the baby is hungry, tired, in need of a nappy change or unwell? Consider skin to skin contact, singing a lullaby or taking a walk outside....

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Who I will call if the crying won't stop? (Include contact numbers: friends, family, midwife, health visitor & GP)

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What will I do if I need a few minutes to myself? What makes me feel better?

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Remember: It's **OK** to walk away if you are feeling stressed. Return to check the baby after a few minutes

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Never ever shake or hurt a baby