



# How to manage when a baby cries



EasyRead version





**I** infant (baby) crying is normal and it will stop



**C** comfort methods can be used and it may help to stop the crying



**O** it's OK to walk away if you have checked your baby is safe



**N** never ever shake or hurt your baby



When a baby cries you can feel upset, you might be worried that there is something wrong with your baby.

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8	9	10	11	12	13	14
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29	30	31				



A baby might start crying a lot 2 or 3 weeks after it was born.



The baby may cry more and more until about 8 weeks after it was born.



Every baby is different but after about 8 weeks old the baby may cry less and less each week. This is normal.

# What you can do to help your baby



Babies cry for different reasons:

- they may be hungry



- they may be tired



- they may need their nappy to be changed



- they may be ill.

After you have checked if any of these are possible you can try some other simple things:



- talk calmly or hum or sing to your baby



- read to your baby



- make a soothing sound over and over again



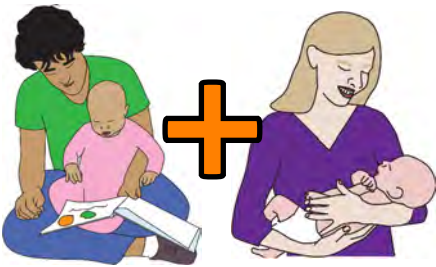
- hold them close to your skin



- go for a walk with your baby



- give your baby a warm bath.



Some of these may not work but you can try more than one of these options.



If your baby will not stop crying and you think there is something wrong with your baby call your GP or your Midwife or your Health Visitor.



You can also call the NHS helpline on 111

# If your baby will not stop crying



Not all babies are easy to calm down.



This does not mean you are doing anything wrong.



Do not get angry with your baby or yourself.



If you need to put your baby in a safe place like in their cot or moses basket, and walk away for a few minutes to calm down.



Doing something you enjoy might help you calm down. These things might help:



- listen to some music



- do some exercises



- call a relative or a friend who might be able to come and help you.



After a few minutes when you are calm go back and check your baby.



It is normal for you to feel stressed when your baby cries.

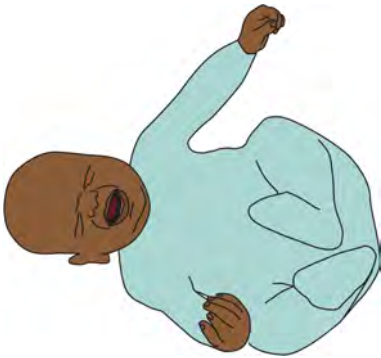


Try to make time during the day to find to look after yourself as well as your baby.

# What you should not do



**Remember – never ever shake or hurt a baby**



If you shout at or get angry with your baby this will make it sad and scared.



Sometimes people can get angry and lose their temper with their baby and might shake the baby which is very dangerous.



Shaking or losing your temper with your baby may cause one of these:

- blindness



- learning disabilities



- seizures



- physical disabilities

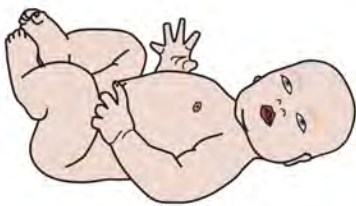


- death.

# Remember



It is normal for babies to cry.



The crying will stop.



Trying to comfort the baby might work.



It is OK to walk away if the baby is safe.



Never ever shake or hurt the baby.

# Check carefully who you get to look after your baby



It is not just parents who get upset by a crying baby.



Check that the person or people you ask to help with your baby understand how to cope with a crying baby.

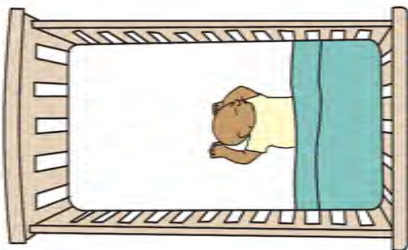
# Safe sleeping



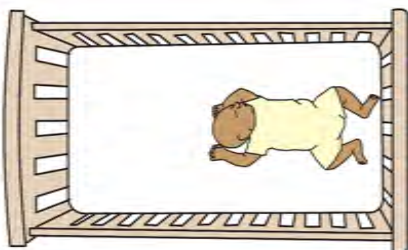
The most safe place for your baby to sleep is in their own cot or Moses basket.



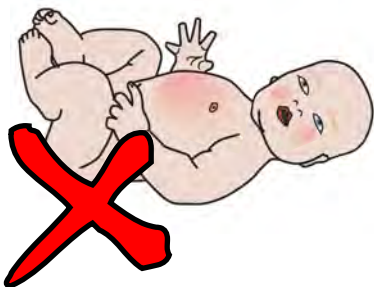
The cot or Moses basket should be in the same room as you even during the day.



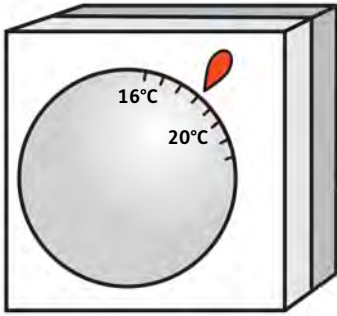
When you put your baby down to sleep lay it on its back.



Make sure your baby's feet are at the foot end of the cot or basket.



Don't let your baby get too hot.



The best temperature for your baby is 16 degrees Celsius at the lowest and 20 degrees Celsius at the highest.



Never sleep on a sofa or in an armchair with your baby as this is very dangerous.



Do not let your baby near any cigarette smoke. This can cause them to die.



Talk to your Midwife or your Health Visitor about a crying baby and about safe sleeping arrangements.

# Help and information



Your Midwife's telephone number



Your Health Visitor's telephone number



Your GP's telephone number



Who can I ask for help when my baby keeps crying?



If I need a few minutes to myself what makes me feel better?





## CRY-SIS National Helpline

Telephone:

**08451 228669**

Open 7 days a week, 9am – 10pm



If you think your baby is unwell contact your GP or call the NHS helpline 111  
Or go onto the internet [111.nhs.uk](http://111.nhs.uk) – this service is available 24 hours a day.



In an emergency call 999.



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