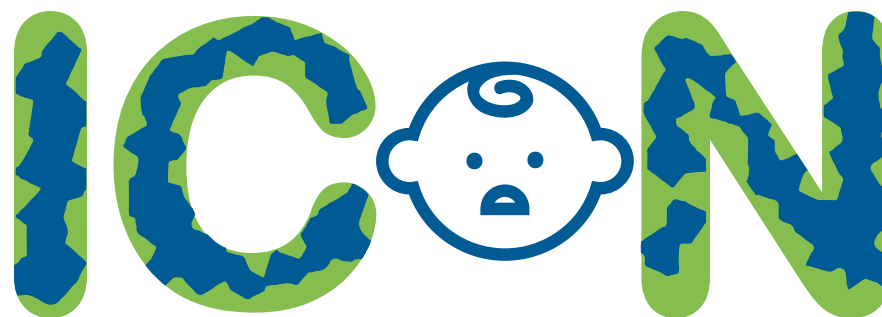




Babies cry, you can cope



Infant crying is normal and it will stop!

Babies start to cry more frequently from around two weeks of age. The crying may get more frequent and last longer.

After about eight weeks of age babies start to cry less each week.



Comfort methods can sometimes soothe the baby and the crying will stop.

Think about are they: hungry, tired, or do they need a nappy change?

Try simple calming techniques such as singing to the baby or going for a walk.



It's ok to walk away if you have checked the baby is safe and the crying is getting to you.

After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby. It can cause lasting brain damage or death.

If you are worried that your baby is unwell contact your GP or call NHS 111.

www.iconcope.org

Speak to someone if you need support such as your family, friends, midwife, health visitor or GP.