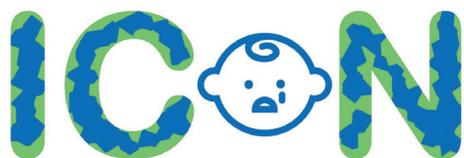


Remember – This phase will stop! Be an ICON for your baby and cope with their crying.



Babies Cry, You can Cope!

- I** Infant crying is normal and it will stop
- C** Comfort methods can sometimes sooth the baby and the crying will stop
- O** It's OK to walk away if you have checked the baby is safe and the crying is getting to you
- N** Never ever shake or hurt a baby.

Reminder about Safe Sleeping:

- The safest place for your baby to sleep for the first six months is in a cot in the same room as you.
- When putting your baby down for a sleep, place them on their back, with their feet at the foot end of the cot.
- Don't let them get too hot – 16-20 degrees celsius is comfortable.
- It is dangerous to sleep with a baby on a sofa or in an armchair, never to do this.
- It is not safe to bring your baby into your own bed to sleep.
- Make sure that your baby is not exposed to cigarette smoke, as this increases their risk of cot death.

You can talk to your Midwife or Health Visitor about all aspects of crying and safe sleeping.

Further information and support

Hampshire Children's Services

Tel: 0300 555 1384

Isle of Wight Children's services

Tel: 0300 300 0117

Southampton Children's services

Tel: 02380 833336

Portsmouth Children's services

Tel: 02392 839111

National Society for the Prevention of Cruelty to Children (NSPCC)

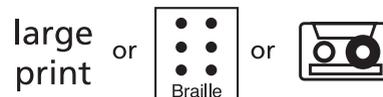
0808 800 5000

www.nspcc.org.uk

Family Rights Group

0808 801 0366 www.frg.org.uk

For a translation of this document, an interpreter or a version in



please contact
NHS West Hampshire CCG

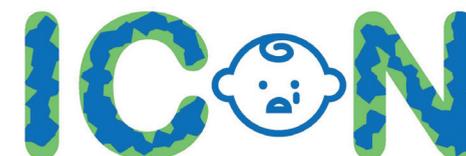
☎ 0800 456 1633

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-  **Twitter:** [@WestHantsCCG](https://twitter.com/WestHantsCCG)
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West Hampshire
Clinical Commissioning Group



Babies cry, you can cope!

Infant crying and how to cope



Information for
parents and carers



Quality services, better health



BABIES CRY! Infant crying is normal and it will stop.

A baby's cry can be upsetting and frustrating. It is designed to get your attention and you may be worried that something is wrong with your baby.

Your baby may start to cry more frequently at about 2 weeks of age. The crying may get more frequent and last longer during the next few weeks hitting a peak at about 6 to 8 weeks.

After about 8 weeks, babies start to cry less and less each week.



What can I do to help my baby?

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

Babies can cry for a reason such as if they are hungry, tired, wet/dirty or if they are unwell.

Check these basic needs and try some simple calming techniques:

- Talk calmly, hum or sing to your baby
- Let them hear a repeating or soothing sound
- Hold them close – skin to skin
- Go for a walk outside with your baby
- Give them a warm bath

These techniques may not work. It may take a combination or more than one attempt to sooth your baby

If you think there is something wrong call 111 or your Doctor or Health Visitor.

The crying won't stop, what can I do now?

Not every baby is easy to calm but that doesn't mean you are doing anything wrong.

Don't get angry with your baby or yourself. Instead, put your baby in a safe place and walk away so that you can calm yourself down by doing something that takes your mind off the crying. Try:

- Listen to music, do some exercises or do something that calms you.
- Call a relative or friend – they may be able to help you calm or may be able to watch your baby.

In a few minutes go back and check on your baby.

It's normal for parents to get stressed, especially by crying. Put some time aside for yourself and take care of your needs as well as your baby's to help you cope.

What not to do...

Handling a baby roughly will make them more upset. Shouting or getting angry with your baby will make things worse.

Sometimes parents and people looking after babies get so angry and frustrated with a baby's cry they lose control.

They act on impulse and shake their baby.

Shaking or losing your temper with a baby is very dangerous and can cause:

- Blindness
- Learning disabilities
- Seizures
- Physical disabilities
- Death

Remember – Never ever shake or hurt a baby

Share the ICON message!

It isn't just parents who get frustrated at a baby's cry. Think very carefully about who you ask to look after your baby.

Let everyone you know who looks after your baby, how to cope with their crying. Share this ICON leaflet with them.

Check that caregivers understand about how to cope with crying before you decide to leave your baby with them.