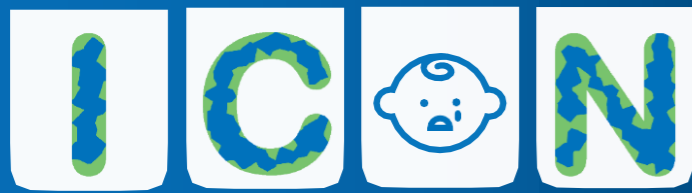


Babies cry, you can cope!



Infant crying is normal and it will stop!

Babies start to cry more frequently from around 2 weeks of age.

After about 8 weeks of age babies start to cry less each week.

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

Is the baby:

- hungry
- tired
- in need of a nappy change?

It's **O**k 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.

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

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

