

**Patient  
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# How to cope with a crying baby

## Some helpful advice



### An Easy Read Booklet



Reference No.

**GHPI1537\_09\_19**

Department

**Easy Read**

Review due

**September 2022**

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## Babies do cry



Crying is normal for babies.

Crying is a natural way for a baby to let you know they need something.



Babies can start to cry more from 2 weeks old. From about 8 weeks old they start to cry less.



Babies usually cry if they:

- are hungry
- are tired
- need a clean nappy
- are unwell



You can usually calm your baby by offering them milk, cuddles, or by changing their nappy.

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## Some ways to calm a baby



Sometimes your baby will still cry after you have offered them milk, or changed their nappy.



**You can try calming your baby by**

- singing softly
- holding them close to you
- going for a walk with your baby in the pram
- giving your baby a warm bath



If you think something is wrong with your baby, speak to your GP, midwife, or call NHS 111.

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## What to do if the crying does not stop



Some babies are very hard to calm down; this does not mean you are doing anything wrong.



Do try not to get angry with yourself or your baby.

You might need to put your baby in a safe place and walk away to calm yourself down.



**Some ways of calming yourself are:**

- listening to calming music
- do some exercise
- do something that calms you like drawing, or reading
- call a friend or relative

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## Coping with a crying baby



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



It is hard looking after a baby, so put some time aside for yourself to relax. This will help.



Sometimes people looking after babies get upset and angry, but this makes things worse.

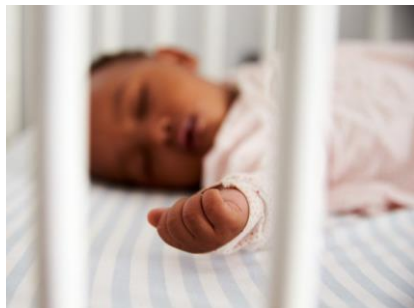
It is important to not ever shake a baby, or hurt a baby in any way.



Remember that the crying **will** stop.

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## Safe sleeping for babies



Here is some helpful advice about helping your baby to sleep safely.



Your baby should sleep in their own cot or Moses basket.



Your baby should sleep in the same room as you, for the first 6 months.



You should lay your baby on their back to sleep.

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Do not let your baby get too hot. Between 16-20 degrees Celsius is just right.



Never sleep with your baby on a sofa or an armchair, this is **dangerous**.



Make sure your baby does not breathe cigarette smoke.

## Further information




### ICON

- I** - Infant crying is normal
- C** - Comforting methods can help
- O** - It's OK to walk away
- N** - Never, ever shake a baby

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### Maternity Advice Line

 0300 422 5541



### Cry-Sis

Support for parents who have babies who cry a lot, or have sleeping problems

 0845 122 8669



**NHS** (for when you are worried, but not for emergencies)

 111

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