

## How to cope with crying

### Step Back, Stop and Think

A baby crying can be stressful. It can increase feelings of anxiety, a sense of loss of control and feelings of isolation.

#### Stay calm

Check your baby:

- Isn't hungry or thirsty
- Doesn't need changing
- Isn't too hot or cold

If your baby won't stop crying:

- Talk calmly and stroke them gently
- Hum or sing to your baby, rocking them gently
- Take them for a walk in the fresh air
- Skin to skin contact might help or a gentle massage

If your baby is still crying and you are feeling stressed, upset or agitated:

- Put your baby in their cot on their back in a safe sleep space and walk away, take a break until you feel more in control
- Call a relative or friend

**Crying will not harm your baby, they are just communicating. Check your baby regularly and seek help and support.**

## Why do babies cry?

Babies cry to communicate, they are just having their say. It is one way they use to tell us how they feel or what they need.

All babies cry some babies naturally cry more than others.



Sometimes baby's cry because they are:

- Hungry
- Uncomfortable – too hot or too cold?
- Lonely – sometimes your baby just wants comfort
- Unwell
- Suffering with teething or colic
- In need of a nappy change

**Finding out what your baby needs is not always easy as you get to know your baby you will understand what they need when they cry.**

## Welcome to the wonderful world of parenthood



We all want to be good parents and caregivers with happy and healthy children. Sometimes caring for a baby is not easy.

You will be shown a video before you leave the hospital with your baby and again when you are visited by the Health Visitor.

The video explains why it is important to handle babies safely and suggestions on how to cope when your baby cries.

This leaflet supports the video information and offers some helpful tips on safe and positive ways of caring for your baby particularly when they are crying.

**Never Ever Shake Your Baby [Video](#)**

## Never Ever Shake Your Baby

Why is it dangerous to shake a baby?

A baby's head is big and heavy compared to the rest of their body. Unless supported, the head will flop around because the neck muscles are not strong enough to hold it still. Neck muscles develop strength as your baby grows and develops.

When a baby is deliberately shaken their head is thrown back and forth quickly and with great force. This force results in the structures in the brain being damaged which can result in serious brain injury or death.

Injuries caused by shaking do not happen accidentally or during normal play.

**Do not be afraid to cuddle and play with your baby and do all the things your baby enjoys.**



## HELP AND SUPPORT

It is positive to ask for support from family, friends or professionals that are involved with your family.

Your Midwife, Health Visitor or GP are used to supporting families with babies. They will be more than happy to help and have information and advice to help with your concerns and worries.

There are also other organisations that may be able to help



[www.cry-sis.org.uk](http://www.cry-sis.org.uk) Tel: 08451 228 669

[www.familylives.org.uk](http://www.familylives.org.uk) Tel: 0808 800 2222

[www.samaritans.org](http://www.samaritans.org) Tel: 116 123

NHS Advice Line 111

**Remember**

**No matter how upset you feel  
Never ever shake your baby**

## KEEPING BABIES SAFE

### SAFE HANDLING

### 'Never Ever Shake Your Baby'

