

If you or your friend/relative is worried that the baby is unwell, encourage them to contact their health visitor midwife, GP or 111. Medical professionals will always be prepared to see your baby if you have serious worries.

You could pay your friend/relative a visit to offer support, so they can have a rest. Encourage your friend/relative to talk to their partner and support each other. They can take it in turns, so they can each take a break. If there isn't a partner to help – can you? Do you both know and trust anyone who could help? They can help by making a meal, supporting your friend/relative to take a nap or have a relaxing bath?

Q - it's OK to walk away: If you can see your friend/relative is becoming stressed and angry remind and encourage them, it's ok to take a break if the baby is safe. They can take a few minutes to calm down before going back to their baby. It is better not to handle the baby when they are feeling angry. If you can, go and see them to help calm them down. Talk to them about what helps them calm down. It could be having a cup of tea or doing some exercise in the house or listening to music?

Never ever hurt or shake a baby: If your friend/relative are feeling that they are unable to cope and are getting frustrated, gently remind them to handle the baby with care. Shaking a baby will cause very severe injury or even death. It has a significant emotional impact on parents and families.



Further information and support

Midwife _____

Health Visitor _____

GP _____

Who I can go to for help with crying?

What will I do if I need a few minutes to myself?
What makes me feel better?

CRY-SIS National Help Line: 08451 228 669

Lines open 7 days a week, 9am-10pm

Remember - if you are concerned that your baby may be unwell, contact your GP or NHS 111 (go to 111.nhs.uk or call 111 - the service is available 24 hours a day, 7 days a week).

In an emergency ring **999**.

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an interpreter or a version in

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or



Please send requests to ICON website at:

iconcope.org



Website: iconcope.org



Facebook: [ICONCOPE](https://www.facebook.com/ICONCOPE)



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Infant crying and how to cope



Information for
Friends and Relatives



Babies Cry, You Can Cope!

Your friend or relative will have received information about how important it is to understand the ICON message and how to cope with a crying baby.

Infant crying is normal and it will stop.

Comfort methods can help.

O - it's OK to walk away for a few minutes if the baby is safe and the crying is getting to you.

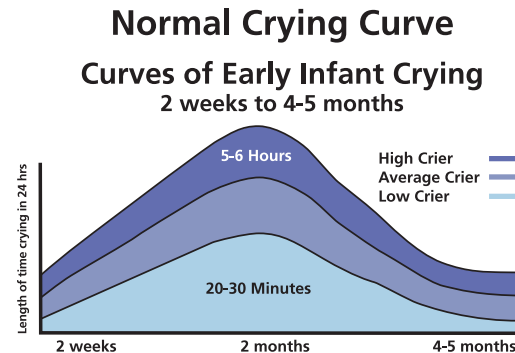
Never ever shake or hurt a baby.

You have an important role in helping them cope. This is how.

A baby's cry can be upsetting and frustrating. It is designed to get your attention and your friend/relative may be worried that something is wrong with their baby. You might be too! Babies start to cry more often at about 2 weeks of age. The crying may get more frequent and last longer during the next few weeks. The crying peaks at about 6 to 8 weeks. Every baby is different, but after about 8 weeks, babies start to cry less and less each week. It can take up to 6 months before it gets less. After this time they are usually crying for a reason.

More information about the reasons babies cry is on our website

Infant crying is normal - ICON Cope



How can I help my friend/relative who is having difficulty coping with a crying baby?

Infant crying is normal: Reassure your friend/relative that it is normal for babies to cry at this stage. The crying will stop and things will get better. Allow and encourage them to talk about how they are feeling. Let your friend/relative know they are doing a good job. Tell them they are not a bad parent because their baby is crying and it is upsetting them.

Ask your friend/relative if they have a personal crying plan from our website and go through it with them.

Crying plan - ICON Cope

Coping with Crying: My Personal ICON Plan

I Infant crying is normal - Remember: Babies Cry, You Can Cope

C Comfort methods I can try...
Think about if the baby is hungry, tired, in need of a nappy change or unwell? Consider skin to skin contact, singing a lullaby or taking a walk outside...

Who I will call if the crying won't stop? (include contact numbers: friends, family, midwife, health visitor & GP)

What I will do if I need a few minutes to myself? What makes me feel better?

O Remember: It's OK to walk away if you are feeling stressed. Return to check the baby after a few minutes

N Never ever shake or hurt a baby

Keep this plan somewhere where you can easily access it. For more information see www.iconcope.org

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