



**I**nfant crying is normal and it will stop!

Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer.

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

**C**omfort methods can sometimes soothe the baby and the crying will stop.

Is the baby:

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

Try simple calming techniques

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.

**N**ever, ever shake or hurt a baby.

It can cause lasting brain damage or death.

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

**Babies Cry,  
You Can  
Cope!**

**Speak to someone  
if you need support  
such as your family,  
friends, Midwife,  
Health Visitor or GP.**

