

Coping with crying: My personal ICON plan

I Infant crying is normal - Remember, babies cry, you can cope!

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 can I call if the crying won't stop?

Include contact numbers: friends, family, midwife, health visitor and GP

-
-
-
-

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

-
-
-
-

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

N Never ever shake or hurt a baby