



Infant crying is normal and it will stop!  
Babies start to cry more frequently from around 2 weeks of age.



Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?



It's ok 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.



Never, ever shake or hurt a baby.  
It can cause lasting brain damage or death.

## Babies Cry, You Can Cope



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