

# Babies Cry, You Can Cope!



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

Babies start to cry more frequently from around 2 weeks of age.

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

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

Is the baby:

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

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

It can cause lasting brain damage or death.

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

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

