

NSPCC TM
Cruelty to children must stop. **FULL STOP.**

What's wrong?!



Babies cry to communicate that they need something particularly during the first few weeks after birth. In time, they can settle into a routine and parents can start to understand what their crying means. Sometimes you won't know why your baby is crying, and that is completely normal. It doesn't make you a bad parent. If the crying sounds unusual, or is outside the usual routine, it may be cause for concern. Babies should not be left to cry.

Why do babies cry?

The most common reasons are: tiredness, trapped wind, wet/soiled nappy, being too hot/cold, hunger, thirst, loneliness (wanting contact or attention), boredom, being uncomfortable, being over-stimulated or frightened and colic.

If you have ruled out all of these common causes, but your baby continues to cry, you may want to try:

- swaying or talking softly to your baby.
- holding your baby close to you so that they have contact with your body, and perhaps gently playing some music or singing a song to your baby.
- take your baby to a quiet place and let them have some quiet still time, as some babies cry because they are over stimulated.
- attracting your baby's attention with something like a toy or a rattle.

- giving your baby a sterilised (clean) dummy or letting them suck their thumb.
- giving your baby a warm bath.
- getting some fresh air – like taking your baby out in the car or in their pram.

Talk to your midwife or health visitor if you have any concerns or questions.

If none of the soothing methods have worked, the cause is not obvious, and the crying is excessive you may want to consider if your baby is teething or has a health problem. You can find out more information about when to seek medical advice at NHS Choices www.nhs.uk or call NHS 111 by telephoning 111, or speak with your doctor.

How to cope

A crying baby can be exhausting and stressful. However, the last thing you should do is lose your temper. Shouting at or



getting rough with your baby, who won't stop crying, will only make matters worse. Whatever your feelings or thoughts, never shake your baby. Shaking moves a baby's head violently, which can cause bleeding and brain damage.

Remember, this difficult time won't last forever.

If you feel you can't cope and need a break it's important not to overreact from frustration.

- Give yourself time to think through the options above to stop your baby crying.
- If you are losing your temper, put your baby down safely in the cot or pram and leave the room. Take a break from the sound and calm down for a few minutes.
- Ask someone you trust to look after your baby if you need a break.

Call the Cry-sis helpline on

08451 228 669

Young babies should not be left to cry regularly as repeated exposure to high stress levels can be damaging to their developing brains. However on rare occasions this can be the best thing for their parents to do. Keep your baby safe by educating every caregiver you leave your child with about the

vulnerability of young children to inflicted injury, and the importance of having a coping plan for those inevitable moments of frustration.

Remember

If you're losing your temper, put your baby down safely in the cot or pram and leave the room for a few minutes to calm down.

Whatever your feelings or thoughts, never shake your baby.



SHAKING YOUR BABY IS JUST NOT THE DEAL!

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IF YOU ARE WORRIED ABOUT YOUR BABY'S CRYING OR GENERAL HEALTH TALK TO YOUR DOCTOR, MIDWIFE OR HEALTH VISITOR