





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



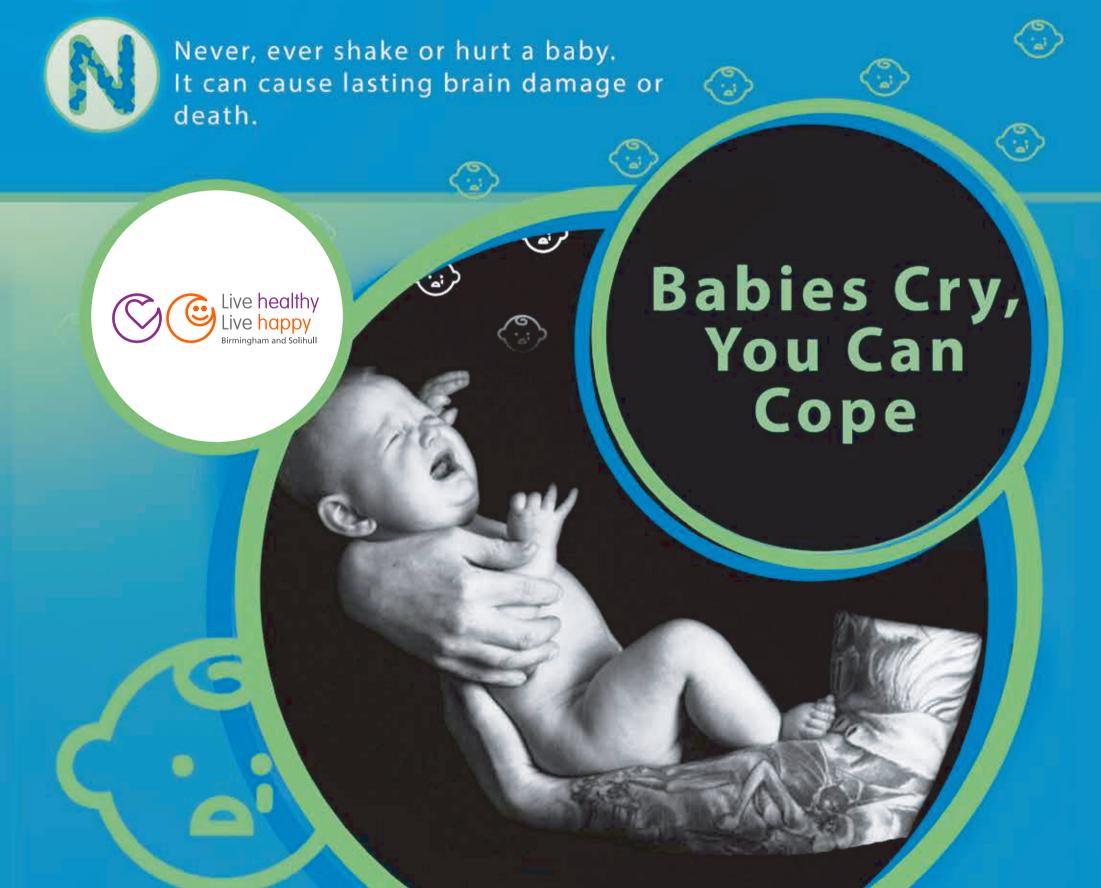
Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?





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.





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