



Coping with crying babies

Advice for parents and carers

Kent Safeguarding Children
multi-agency partnership



Calming a crying baby is not always easy.

A baby cries as part of their natural instinct and is their only way of communicating with their parent.

Babies start to cry more frequently from around 2 weeks of age. This can be for longer periods in the first 2 – 3 months and more often in the late afternoon and evening.

This may be due to them being hot, cold, windy, colic, have reflux, have pain, being hungry, or for some other reason.

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

Where a baby's crying becomes overwhelming:

It's normal to feel upset and angry because of the crying. It's what you **DO** that matters.

- ◆ Put the baby down in a safe position in a safe place (such as a cot).
- ◆ Leave the room, focus on doing something else. Make some tea, listen to music.
- ◆ A crying baby will not be harmed by being left alone in a safe place for 5 or 10 minutes.
- ◆ Try not to focus on negative thoughts: feeling distressed or guilty will not help.
- ◆ Think positively: the crying is not your fault.
- ◆ How much worse if your baby was ill and quiet. This crying period is temporary, and you can find ways to get through it.

Do not go back to your baby until you feel in control.

Please NEVER shake your baby.

For support:

- ◆ www.cry-sis.org.uk
- ◆ <https://www.nct.org.uk/baby-toddler/crying/how-cope-and-keep-calm-crying-baby>
- ◆ www.kentcht.nhs.uk/service/kent-baby/health-visiting-service/
- ◆ <https://www.nhs.uk/conditions/pregnancy-and-baby/soothing-crying-baby/>

