

Coping with a crying baby

NHS

Leeds Community
Healthcare
NHS Trust



Understanding your baby

All babies cry, some more than others. This is the way they communicate their needs. The Understanding your Baby videos can be found on the Best Beginnings website. They may be helpful in explaining why babies cry and excessive crying:

<https://web.bestbeginnings.org.uk/web/video/understanding-different-cries-10668>

<https://web.bestbeginnings.org.uk/web/video/prolonged-crying-10669>

For more information about understanding your baby you can also talk to your 0-19 Specialist Public Health Nurse (health visitor) or call the 0-19 Public Health Integrated Nursing Service on **0113 843 5683**.

Babies still feel 'connected' to the person soothing them while they are crying, even though it may not feel like you are helping!

Call someone
to talk to or
ask for help if you
are unable to cope

Take a few
moments
to calm down

**If you are
struggling to cope
or feeling frustrated...
it's ok to take a break**

Put your
baby down in
a safe space for
a few moments

**Never
shake
your baby**

It's ok to take a break.

Put your baby down in a safe place such as their Moses basket or cot and leave the room for a few moments. This will give you the opportunity to regulate yourself and calm down.

- Take some deep breaths
- Call someone you can talk to

Never shake your baby. This can lead to brain damage or death. It is important you take a moment if you feel yourself getting frustrated or feel you are struggling to cope.

**There is help
available:**

**Crysis
0845 122 8669**

**NSPCC
0207 825 2500**