Coping with Crying – My Personal ICON Plan

**Infant crying is normal - Remember: Babies Cry, You Can Cope**

**Comfort methods I can try...**

Think about if the baby is hungry, tired, in need of a nappy change or unwell? Consider skin to skin contact, singing a lullaby or taking a walk outside…

**Who I will call if the crying won’t stop?**

(Include contact numbers: friends, family, midwife, health visitor & GP)

**What will I do if I need a few minutes to myself? What makes me feel better?**

**Remember: It's OK to walk away if you are feeling stressed. Return to check the baby after a few minutes**

**Never ever shake or hurt a baby**