



All Babies Cry Article for families

“All babies cry and its ok” - A message from Hayley, a local Health Visitor

Welcoming a new baby into your family can be both a wonderful and equally challenging time. A lot of babies don't cry very much in the first few days of their lives, so it can feel like a shock when the crying increases. Every baby is different - some cry more than others and this is completely normal.

You can try lots of different things to comfort your baby and they will still cry. It's ok to put them down in a safe place and take a minute. Never shake your baby. Crying is part of a baby's language and is a normal part of their development, but it can be hard to cope with, particularly at the moment.

My simple message is that it's ok to ask for help. All babies cry and you should talk to someone if you're struggling, concerned or just don't know what to do.

If you're not sure who to speak to, you should visit www.JustOneNorfolk.nhs.uk/AllBabiesCry for local NHS advice and support. This dedicated resource has lots of useful information including ways to help cope, proactive steps and much more.

You can also **Call: 0300 300 0123** or **Text: 07520 631590** to speak to me or one of my colleagues.

Bulletin for families

All Babies Cry

All babies cry. Some cry more than others and this is completely normal. You can try lots of different things to comfort your baby and they will still cry. This is normal. It's ok to put them down in a safe place and take a minute. Never shake your baby. Crying is part of a baby's language and is normal, but it can be hard to cope with, particularly at the moment.

It's ok to ask for help. All babies cry and whether it's your family, friends or a professional, talk to someone if you're struggling, concerned or just don't know what to do.

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