

# 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 can be hard to cope with, particularly at the moment.

If you need any help, please speak to someone.

There is a whole host of support and advice available locally. Norfolk's online NHS platform [JustOneNorfolk.nhs.uk](https://www.justonenorfolk.nhs.uk) has lots of advice with ways to help you cope, proactive steps to take and much more. Use the details below to access support.

### \*\*\*Recommended grounding technique\*\*\*

- LOOK: for 5 things that you can see. Count them up.
- FEEL: Think of 4 things that you can feel in your body. Count them up
- LISTEN: Listen for 3 sounds. Count them up
- SMELL: Say two things you can smell. Count them up
- TASTE: Say one thing you can taste.

Finally, take another slow breath, you can repeat the 5 steps if needed.

**For local NHS advice and support:**



**0300 300 0123**



**07520 631590**



**[justonenorfolk.nhs.uk/AllBabiesCry](https://www.justonenorfolk.nhs.uk/AllBabiesCry)**



**'all babies cry norfolk'**

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## All Support Available:

[Cry-sis](#) is a charity that supports parents struggling with an unsettled baby. You can call 08451 228669 between 9am and 10am every day.

Even in the middle of the night if you have no one to support you and you are worried about how you are feeling, you can call [111](#) for support.

[Young Minds Parents Helpline](#) - Call 0808 802 5544 for free support Monday-Friday from 9.30am-4pm.

[Childline](#) - young people under 19 can call 0800 1111 for free support 7.30am-3.30am every day.

[You can always go to see your GP to discuss concerns.](#)

[See, Hear, Respond](#) - Best Beginnings and Barnado's are providing free online support to pregnant families and new parents struggling during the COVID-19 pandemic.

You can contact the [Healthy Child Programme](#) by calling [Just One Number](#) on 0300 300 0123 or texting [Parentline](#) on 07520 631590. from 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.

If you are 11-19 you can text [ChatHealth](#) on 07480635060 for confidential advice from 8am -6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.



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