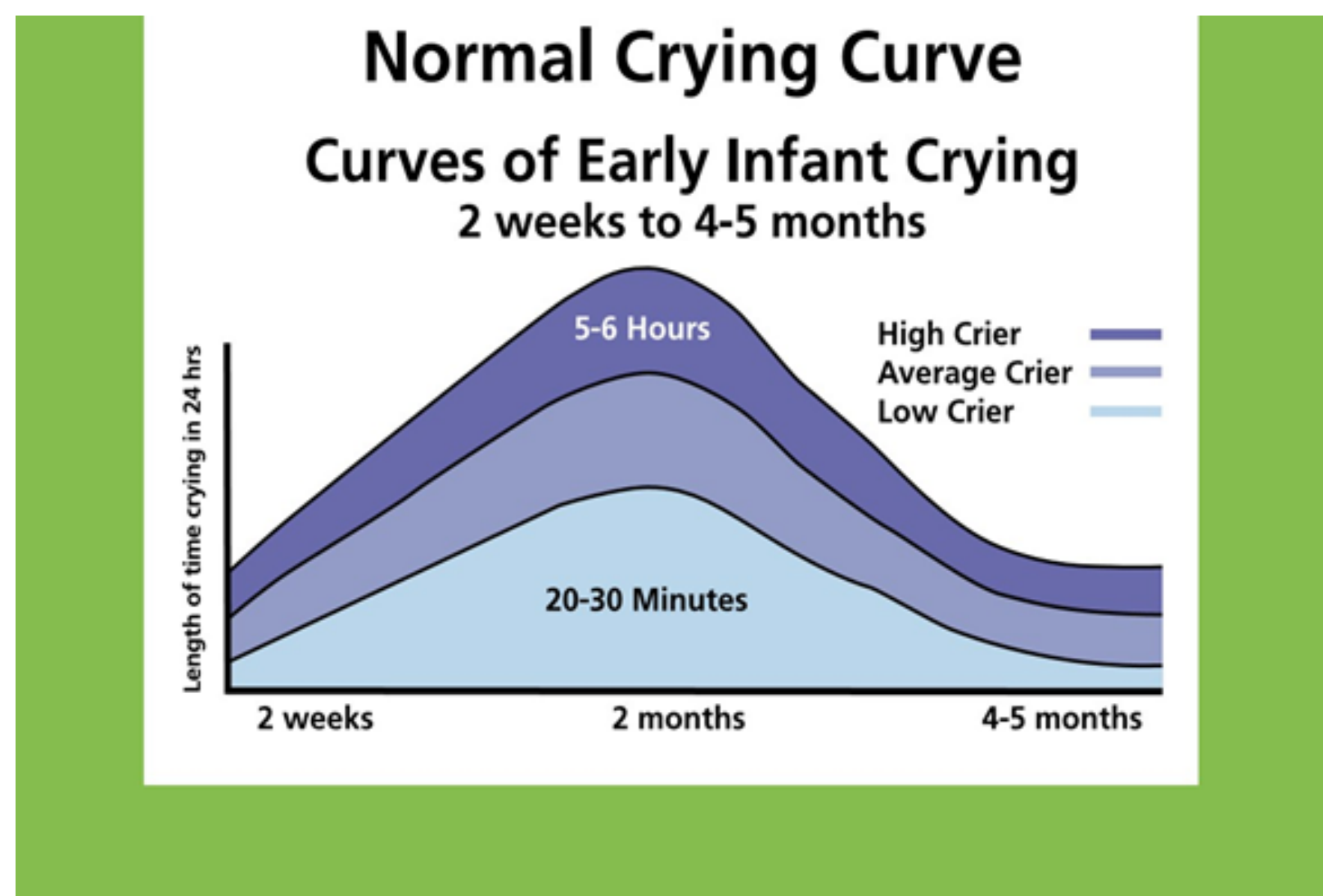


## The Crying Curve

Every baby is different, but after about 8 weeks, babies start to cry less and less each week. Crying plans are a great resource to help parents and carers cope with the crying.



## Coping with Crying: My Personal ICON Plan

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

**C** 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....

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Who I will call if the crying won't stop? (Include contact numbers: friends, family, midwife, health visitor & GP)

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

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


**N** Never ever shake or hurt a baby

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Keep this plan somewhere where you can easily access it. For more information see [www.ICONCOPE.org](http://www.ICONCOPE.org)




Checkout the ICON platforms below for further help and support



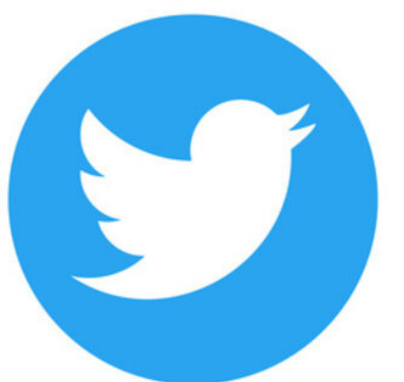
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## DadPad®

[www.thedadpad.co.uk](http://www.thedadpad.co.uk)

What is the DadPad?  
It is the essential guide for new dads, developed with the NHS.

Why do you need it?  
As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life.

Download the App!

