

Coping with Crying

Helping you to keep calm and soothe your baby

Being a parent can be amazing and stressful at the same time. Staying relaxed and being able to calm your crying baby makes a big difference.

It might take time to get to know your baby's personality and what they like. To help you, we've put together some things you can try to help soothe your baby when they cry.

Move them gently

When your baby is upset or crying, try gently rocking them:

- in your arms
- in a baby sling or carrier
- in a buggy or pram.

Babies constantly move inside the womb, so slow and soothing movements can be very comforting.



Hold them in different positions

Every baby is different, so try different things to see what your baby likes.

You could hold them:

- in your arms
- across your chest
- along one arm or rested on your shoulder.

Keeping your baby close will help them to feel safe.



Go for a walk or a drive

If your baby is restless or crying, take them outside for a short walk. Babies sometimes like to feel the air on their faces.

A short car journey or bus ride can also be very soothing.

Soothe them with sound

Babies are used to hearing soft and rhythmic sounds inside the womb, so to help soothe your baby you could:

- sing
- play soft music
- talk gently to them – some people think a man's deeper voice really helps.



Keep calm

If your baby's crying gets too much:

- put your baby down in a safe place like a cot or a pram and go into another room
- step away for five or 10 minutes.

As long as your baby is safe, just focus on feeling calm. Only go back if your baby suddenly goes quiet. You shouldn't leave your baby alone regularly, but sometimes it is more important to give yourself the chance to calm down.

Ask for help

If you're struggling to cope, talk to other parents, friends or family members. Sometimes a friendly voice or some new ideas are all you need.

You can also talk to your:

- health visitor
- midwife
- GP.

They will be able to offer you support and advice.



"Comforting your baby is trial and error. Every baby is different. You've just got to try and see what works for your baby."

Parent talking about soothing their baby