

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 will I 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

The logo for ICON, featuring the letters 'I', 'C', 'O', and 'N' in a blue, sans-serif font. The letter 'O' is replaced by a stylized baby face with a smiling mouth and eyes.