

Getting Help

- Friends and family members
- Your Midwife.
- Your GP / doctor
- Phone lines available 24/7:

Healthline
0800 611 116

Lifeline
09 5222 999 (within Auckland)
0800 543 354

PlunketLine
0800 933 922

Youthline
0800 37 6633
Free TXT 243

Other possible contacts:

Barnardos
0800 4 PARENT (0800 4 727 368)
Monday to Friday 9am-5pm

Child Youth and Family
0508 FAMILY (0508 326 549)

Shine*
(Previously Preventing Violence in the Home)
0508 DV HELP (0508 384 357)
Monday to Friday 07.30am-11pm



Coping with a Crying Baby

Please direct comments and enquiries of the programme and the pamphlets to Shaken Baby Prevention Co-ordinator, Auckland District Health Board, Private Bag 92 024, Auckland Mail Centre, Auckland 1142



kia u ki te tika me te pono
integrity, respect, innovation, effectiveness



Why Do Babies Cry?

Crying is how baby communicates with you and with the world. Sometimes they are telling you something is wrong. Sometimes they just want and need your attention and love.

Crying does not mean baby is naughty, but it can be very frustrating for caregivers.

You can get more information from www.purplecrying.info

BE PATIENT

Often, you won't be able to find a reason for your baby crying. Sometimes, there is a reason, so consider following the checklist to see if any of these things are making baby cry.

Checklist

Meet baby's basic needs:

- Cuddle baby
- Try offering baby feed again
- Change the nappy if it is wet or dirty
- Ensure clothing is not too tight
- Make sure baby is not too hot or too cold
- Burp baby (wind pain can be very uncomfortable)
- Wrap baby safely in a light weight blanket and hold baby
- Is baby tired? Put baby down somewhere safe to sleep

If you are worried baby is unwell, contact your GP



I've done all that baby's still crying ...now what?

- Stay calm
- Hold baby close. Massage their back. Try a sling or baby backpack if you have them
- Sing, hum or talk to baby
- Give baby a warm soothing bath, or take one together. Never leave baby unattended in the bath
- Put baby in a stroller and go for a walk or in a car seat for a short drive
- If baby still won't stop crying, put baby in a safe place, leave the room, shut the door and take a break
- Call a relative, friend or trusted neighbour to give you a break. Don't be embarrassed. It's OK to know when you have reached your limit

You are doing a great job by seeking help.

**NEVER, EVER SHAKE
A BABY. A SINGLE
MOMENT WHEN YOU
LOSE CONTROL MAY
DAMAGE YOUR CHILD
FOREVER.**