KNOWSLEY SAFEGUARDING CHILDREN PARTNERSHIP

7 MINUTE BRIEFING – ICON

Remember: Never Ever Shake or Hurt a Baby

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Infant crying is normal Comforting Methods can help

It's OK to walk away

Never ever shake a baby

7. Speak to someone if you need support such as your family, friends, GP, Midwife or Health Visitor. If you are worried that crying wont stop its ok to check it out with a health professional or you can ring NHS 111.

See the links below for more information.

6.Medical professionals will always be prepared to see your baby if you have serious concerns. You should seek mediacl or professional help if you notice your baby has any of the following: A fit (seizure or convulsion) / High Temperature / Very high pitched cry (doesnt sound normal) / Breathing is a struggle, or noisy or unusually fast / Skin is greyish, mottled blue or unusually pale / a rash that doesnt fade when you put a glass against it. It ins briefing contains clear messages that represents the ICON approach in managing crying babies. This advice is **not soley for health agencies**, all practitioners should take the opportunity, where they can, to be professionally curious about parental stresses and coping with a newborn baby.

> 2. Infant crying is normal and it will stop! A baby's cry is designed to get attention and can be upsetting and frustrating. Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer, hitting a peak at about 6-8 weeks. Every baby is different, but after about 8 weeks, babies start to cry less and less each week.

5. Never ever shake or hurt a baby. It can cause lasting brain damage and death. Handling a baby roughly, shouting or getting angry with your baby will make things worse. Sometimes parents/caregivers get so frustrated with a baby's cry they lose control and act on impulse and shake the baby. Shaking or losing your temper with a baby is very dangerous,

4. If the baby's crying is getting to you, it's OK to walk away. Don't get angry with your baby or yourself. Instead, put your baby in a safe place and walk away so that you can calm yourself down. After a few minutes, when you are calm, go back and check on the baby. Stay calm, this phase will pass. 3. Comfort Methods Can sometimes soothe the baby and the crying will stop. Babies can cry for different reasons like when they are hungry, wet/dirty or if they are unwell. Sometimes babies cry for no particular reason and a parent needs to learn how to cope with this and can try some simple calming techniques. These may not always work, it doesnt mean you are doing anything wrong!

Further Information

Infant Crying and How to Cope Information Leaflet Follow the ICON guidance For coping with crying www.iconcope.org Always follow Safe Sleep Advice

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