



Pause for a child

As a new parent, you probably want to cry every time your baby does.

Be reassured – crying is a normal part of babyhood, and as you get to know your newborn, you'll begin to understand what may be causing the tears, or at least have a better idea of how to make your son or daughter feel better.

Until then, try these tips;

- Check your baby's diaper and make sure he is dry and comfortable.
- Consider the last time you fed her and check whether she is hungry.
- Hold your baby close and sing to him.
- Walk her back and forth and talk softly to her.
- Gently rub his tummy in case he has gas.
- Place her on your shoulder and gently pat her back to burp her.
- Sometimes babies are simply sleepy and need to be rocked to sleep or laid in their cribs for a nap.
- Sometimes they aren't feeling well. If you think this may be the case, especially if your baby has a fever or other unusual symptoms, call your doctor.



It's important to NEVER shake your baby. This can cause serious injury or death.

If you're feeling stressed, afraid or frustrated, leave the baby in the care of a trusted adult and take a few minutes to calm down. Remind yourself that you love your baby, you're a good parent, and that eventually, the tears will go away.