



KEEP CALM AND ...

The user guide to handling your new baby





New Baby

Now that you have your brand-new baby, you're probably wondering what to do next.

Babies do not come with a manual. They cry. And it's not always easy to know why. It could be that they are hungry, too hot, too cold, or that they just feel like crying!

Sometimes babies are tired and need sleep but are fighting to keep themselves awake because life is so interesting – just as many adults do!

Babies cry because it is the only way they can communicate. They don't have the words to tell us what they want, so sometimes knowing what to do can be tough. But trust us – you are not alone on this!

Our Parenting Hacks are here to help you when baby won't settle.

Parenting Hacks



IF BABY WON'T SETTLE **KEEP CALM** AND TRY

1. **Seeing if baby needs a nappy change**
2. **Cuddling or carrying baby**
Try stroking your baby's back firmly and rhythmically, holding them against you whilst you walk around
3. **Checking baby's temperature**
Baby might be too hot or too cold
4. **Feeding baby when they are hungry**
Babies usually prefer to be fed on demand than to a schedule. They will cry when they are hungry!
5. **Rocking baby in a pram or a cradle**
6. **Going for a walk with the pram**
It might be good for you to get a breath of fresh air as well
7. **Taking baby on a car or bus ride**
Rhythm and movement can help baby to feel calm
8. **Singing, playing soft music or talking gently**
But some babies prefer rock, folk or pop!
9. **Playing white noise**
Such as a vacuum cleaner or washing machine
10. **Moving to a calm space**
If baby is over tired or over excited, try moving somewhere dark with not too much to look at

These are just a few helpful hints, but remember all babies are different – it is just as much about finding what works for you and your baby.

Look out for the ways your baby behaves just before they cry and learn how to soothe them before things get bad.

Visit www.healthysuffolk.org.uk to find out about other people's Parenting Hacks!

How to hold your baby

Let's start with the basics. A baby's head is big and heavy compared to the rest of its body. Their head flops when its not supported because their neck muscles aren't strong enough to hold it up yet.

Babies like to be held



Cuddled up close to you.



Upright looking over your shoulder, with their head supported.



Laying along your forearm, with their chin resting in the crook of your arm – known as the Tiger in the Tree hold. Good for soothing babies with colic.



Cradled lengthways in your arms so that you can smile and talk to each other.



With your arm around their tummy and their back against your body.



Kept close in a sling, leaving your arms free to do other things.

Safety in sleep mode



Just like adults, when babies become exhausted, they need to recharge their batteries.

Follow these six simple steps to make sure baby can sleep safely

1

Place your baby to sleep in a cot, crib or Moses basket – never fall asleep with them on a sofa or chair

4

Never fall asleep with your baby after drinking or taking medication

2

Put your baby to sleep on their back with their feet to the foot of the cot

5

Keep your baby smoke free during pregnancy and after birth

3

Keep your baby's head and face uncovered and make sure they don't get too hot

6

Breastfeed your baby if you can – support is available

IMPORTANT ADVICE: HANDLE WITH CARE

No matter what, you should never shake your baby

Shaking makes the head move all the way backwards and forwards very quickly, with a lot of force. When this happens, tiny blood vessels can tear and bleed inside the baby's brain, causing problems such as:

- blindness
- deafness
- fits
- learning difficulties
- brain damage, or even death

Even if your baby seems to have stopped breathing, never shake them. Doctors advise flicking the soles of the feet, rocking the cot or picking up the baby, supporting the neck.

If your baby has stopped breathing, then call **999** right away.

Don't worry, gentle rocking or bouncing, ensuring their head is fully supported, will not harm your baby.



KEEP CALM AND STEP AWAY

Did you know your baby can tell if you're stressed, and will pick up on it? It's important that you keep your cool too when you're the one holding the baby.

If you find you are struggling, even if baby is still crying, it's ok to put baby down safely in their cot, on their back, for five minutes and have a cup of tea or phone someone for help.

Count to 10, breathe slowly and just sit for a few minutes, focussing on feeling calm. Then go back to baby; if you are calmer, baby can take their cue from you and feel calm too.



Longer breaks

Sometimes five minutes will not be enough. Ask a trusted friend or relative if they could take the baby for a few hours and use that time to focus on you. Go out, have a little treat, take some exercise, or just catch up on sleep.

Others who are looking after baby need to be able to keep calm too. Use your CriPad overleaf to share your parenting hacks with them and make sure they know they can step away for five minutes if they need to.

Remember you are not alone

Don't forget you can ask for help when you need it, whether it's from family or friends.

Talking to a family member or a friend always helps, and if they are able to look after baby it can give you a welcome break.

You can also talk to your health visitor, midwife, local children's centre or GP. If there's a baby and toddler group near you, it could be a great place to swap advice and get support from people in the same situation as you.

Where to get support

These helplines and websites offer support and advice about child care, including crying or if your baby's not sleeping:

Family Lives: 0808 800 2222 **Cry-Sis:** 08451 228 669

Suffolk Parent Hub www.suffolk.gov.uk/theparenthub

Healthy Suffolk www.healthysuffolk.org.uk/keepcalm

Suffolk Bloomin' Magazine www.healthysuffolk.org.uk/projects/suffolk-bloomin

Common Childhood Illnesses www.suffolk.sensecds.com/ci

The Lullaby Trust www.lullabytrust.org.uk

Suffolk Health Visiting www.suffolk.gov.uk/healthvisiting

If you are worried that your baby is crying differently to usual, or is unwell, call **NHS 111** for non-urgent advice, or in an emergency dial **999**.

If you are feeling overwhelmed, you can contact the **Suffolk Mind helpline** on **0300 111 6000**. They can support your emotional wellbeing.

If you need help to understand this information in another language please call **03456 066 067**.

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo. 03456 066 067

Portuguese

Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067

Lithuanian

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer. 03456 066 067

Polish

Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067

Romanian

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন 03456 066 067

Bengali

Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067

Russian

If you would like this information in another format, including audio or large print, please call **03456 066 067**.



My CriPad

All babies are unique, so help out your friends and relatives by letting them in on your parenting hacks and shortcuts for when they are looking after your baby:

My parenting hacks to settling

Baby name

Are:

List your parenting hacks here

My Break

When I need to step away, I like to:

Struggling for inspiration?

Visit www.healthysuffolk.org.uk to try out others' parenting hacks.

Join the conversation

Share your tips with other parents by visiting www.healthysuffolk.org.uk or join the conversation on Twitter, using the hashtag [#ParentingHacksSuffolk](https://twitter.com/ParentingHacksSuffolk)