

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 I will 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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Remember: It's okay to walk away if you are feeling stressed, return to check after a few minutes

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Never ever shake or hurt a baby

The logo for ICON (Infant Crying Observation Network) features the word "ICON" in a bold, blue, sans-serif font. The letter "O" is replaced by a stylized blue baby face with large eyes and a small smile. The logo is set against a white circular background with a soft green glow.