



Postnatal care and support

Coping with crying and safe sleeping

An easy read guide

This booklet is about postnatal care: Coping with crying and safe sleeping

There are 7 booklets in total

Booklet 1: Postnatal care, birth registration and coronavirus

Booklet 2: Resuming sexual intercourse and contraception

Booklet 3: Maternal physical wellbeing and health concerns

Booklet 4: Emotional wellbeing and mental health

Booklet 5: Infant feeding and blood spot tests

Booklet 6: Baby care and wellbeing

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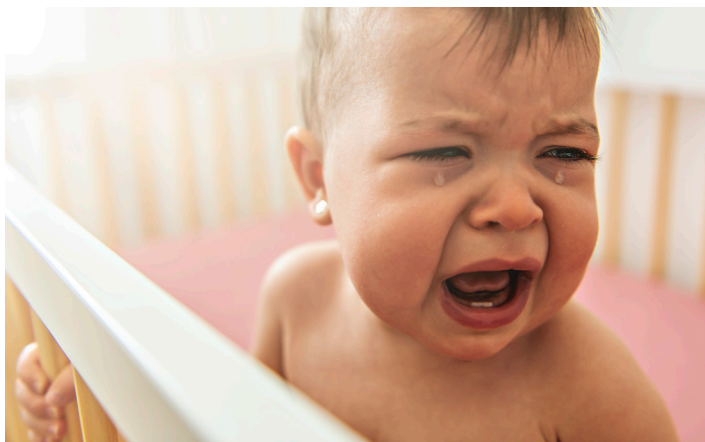
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Babies cry – you can cope

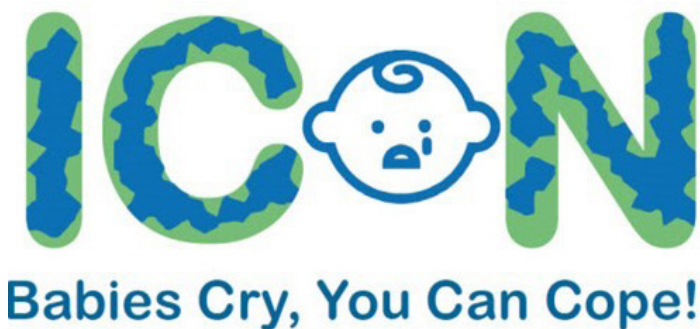


When your baby cries it can be upsetting but they cry to get your attention.

It is important that your partner or anyone else caring for your baby reads this information.



It might be because they are hungry or their nappy needs changing. They might just want a cuddle.



Your baby might start to cry more often from when they are 2 weeks old.



Every baby is different but after they are about 8 weeks old they start to cry less and less every week.



If you do not think that your baby needs feeding or changing when your baby is crying you can try the following things to soothe them:

Talk calmly to them or sing to them.



Hold them close skin to skin.

Dads and partners can also do this.



Take them for a walk outside.



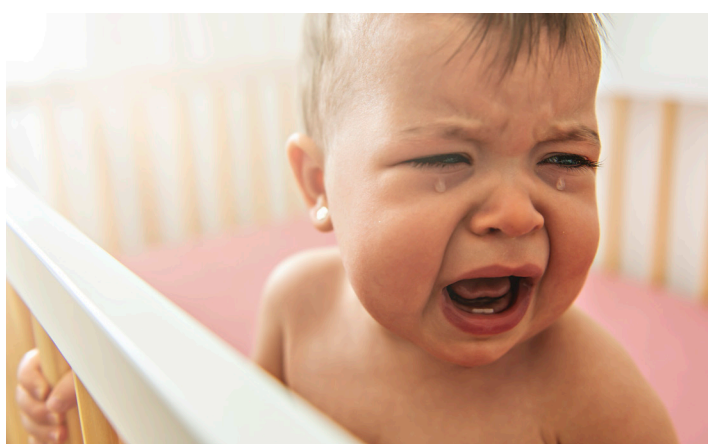
Give them a warm bath.

The crying won't stop, what can I do?



Some babies take longer to calm than others. It doesn't mean you are doing anything wrong. Don't get angry with your baby or with yourself.

Try the following things:



Put your baby in a safe place like their cot and walk away for a short period if you feel that you are becoming anxious, stressed or angry.



Calm yourself down.



After a few minutes when you are calm go back and check on your baby.

You are not a bad parent, this is a phase that will pass and get better.



You must never shake or hurt your baby. It can cause brain damage and could even kill them.



If you are finding it hard to calm your baby, talk to your midwife or health visitor.

They can give you more information and advice.



You can also look at www.iconcope.org/parentsadvice/



If you think there is something wrong with your baby call NHS111.

Safer sleep for babies



This information will help your baby sleep safely.

It will help to cut down on the risk of cot death. This is when a baby dies suddenly in their sleep.



If you follow this advice the chance of this happening to your baby is low.

Talk to your midwife or health visitor if you have any worries.



Always put your baby down on their back, not on their front or side.

It is best for them to sleep in a cot or Moses basket.



Make sure they are on a firm mattress with no raised edges or cushioned areas.



Don't put pillows, quilts, duvets, bumpers or toys in your baby's cot or Moses basket.



Don't use any special equipment or products like sleep pods, nests or sleep positioners.



Make sure your baby's head is kept uncovered so they don't get too hot.



If your baby is sharing a bed with you make sure that you keep pillows and duvets away from them. Make sure they won't fall out of bed or get trapped against the mattress and the wall.



Keep pets away from the bed and don't have other children sharing the bed too.



If you are just having a cuddle in bed with your baby and you think you might fall asleep you must follow these tips as well.



You should not share a bed with your baby if you or anyone else in the bed has recently drunk alcohol or smokes.



Do not take tablets or medicines that will make you sleepy if you are sharing a bed with your baby.



Don't share a bed with your baby if they were born prematurely.

This is being born earlier than they were due.



Babies should always sleep in the same room as you for the first 6 months for sleep during the day and night.



Never sleep with your baby on a sofa or an armchair.



Smoking when you are pregnant can increase the chance of cot death by a big amount.



You should also avoid being close to other people that smoke while you are pregnant.



Keep your baby away from smoke in your home, car and when you are out and about.

REMEMBER if you think your baby is showing any signs of being unwell, always get medical advice.



Adult improving access to psychological therapies programme - emotional and mental health support

Wakefield: Turning Point

Tel: 01924 234 860

Email: wakefield.talking@turning-point.co.uk

gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc

Leeds: Leeds Mental Wellbeing Service

Tel: 0113 843 4388

Email: leeds.mws@nhs.net

www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/

Bradford and Airedale: Relate

Tel: 01274 726 096

Email: information@relatebradford.com

www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre

Calderdale: IAPT

Telephone: 01484 343700

Email: iapt.admin@swyt.nhs.uk

www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/

Kirklees

Tel: 01484 343700

Email: IAPT.Admin@swyt.nhs.uk

kirkleesiapt.co.uk/

Harrogate: IAPT

Tel: 01423 852137/852062

northyorkshireiapt.co.uk/

Department	Airedale	Bradford Teaching Hospitals NHS Foundation Trust, Women's and New-born unit	Calderdale & Huddersfield
Triage	01535 292120	01274 364532/364531	MAC 24 hours a day 01422 224419 Huddersfield Community Maternity Advice Line 01484 355743 open 8.30am-4.30pm Monday-Friday
Postnatal Ward	01535 292211	Postnatal ward M4 01274 364539/364540	01422 224249
Community Office	01535 292211/2	Postnatal, Antenatal & Induction Suite M3 01274 364536/364537	01484 355754
Debrief Clinics/	01535 292409	Via midwife, health visitor or GP	Maternity Reception (appointments) 01422 224125 Women's Health Reception (appointments) 01484 342666
Feeding Support	01535 292383	01274 364583	01422 224925
Local Contraception/ Sexual Health	01535 607333	0303 3309500	0303 330 9981

Harrogate	Mid Yorks	Leeds
01423 557548/557531	01924 543002	SJUH 0113 206 5781 LGI 0113 392 6731
01423 553157	01924 541693	SJUH 0113 206 9105 LGI 0113 392 7436
01423 553051	Wakefield: 01924 543424 Pontefract: 01977 747430/31 Dewsbury: 01924 319152	0113 206 3329
Please speak to a member from the midwifery team of the midwifery team regarding a referral	01924 541118/541114	SJUH leadsth-tr.birthmatters@nhs.net LGI leadsth-tr.birthmattsteam@nhs.net
01423 553157 or 01423 553051	Families and babies: 01924 851901 Auntie Pams: 01924 438316 add Midwife: 07824417802	0113 206 4360
01904 721111 www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#	Kirklees: 0303 0303 9981 Wakefield: 01924 327586	Leeds Sexual Health 0113 392 0333