

Babies Cry, You Can Cope!

I= Infant crying is normal

C= Comforting methods can help

O= It’s OK to walk away

N= Never, ever, shake a baby

 is an evidence-based programme ( [ICON Programme](https://iconcope.org/) ) designed to support parents and carers to help them cope with a crying baby. Research points to persistent crying in babies being a potential trigger for some parents/caregivers to lose control and shake a baby, with devastating consequences.

The aim of the programme.

* To Prevent abusive head trauma in babies caused by shaking.
* To Provide advice on how to comfort a crying baby.
* Explore how to cope when it goes on for a long time.

**ICON Resources** –

There are numerous resources available on the [ICON website](https://iconcope.org/)  for both professionals and parents.

ICON are delighted to work in partnership with DadPad on important matters affecting dads and their children. DadPad offers essential parenting skills for new dads.



**Don’t forget, if you are worried that your baby may be unwell, contact your GP, Health Visitor, Midwife or NHS 111 for further advice.**