

ALL BABIES CRY

4 Point guide to starting a conversation with families...



1 Review the resources

Look through the dedicated resources on justonenorfolk.nhs.uk/AllBabiesCry



2 Be curious and interested

Start with simple open conversation. Lightly prompt families and ask questions, it's ok if they seem obvious.

How do you feel when the baby cries?

Talk to me about sleep

How has it been for you?

Tell me about how you are feeling

Are you ok?



3 Listen and reflect back

Help families feel listened to, once you've asked questions give them space to talk. Reflect back on what you are hearing by naming the families feelings. This can help families think and start creating their own coping strategies.

"its sounds like you feel upset when your baby cries"



4 Guide families

Whilst you may not be able to help directly, simply starting the conversation can make a big difference. Share the details below with families.

For local NHS advice and support:



Call:

0300 300 0123



Text:

07520 631 590



Visit:

justonenorfolk.nhs.uk/AllBabiesCry



Internet search:

'all babies cry norfolk'