



An Unsettled Baby

Crying is normal in a healthy well-fed baby and can peak around 6-8 weeks.

Question One:

How often is your baby crying throughout the day?

Question Two:

Do you comfort your baby, if so how? Or do you let him/her cry themselves to sleep?

Question Three:

Do you have support at home when your baby is unsettled for long periods of time?

What steps to take next?



1 **Discuss** this guide sheet with your Child Health Nurse or GP Obstetrician.

2 Bring this completed guide sheet to your Baby Steps **MEDICAL HEALTH CHECK**

3 Call Baby Steps today to make a booking **08 9387 2844**.

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Important: It can become overwhelming for parents when babies cry, please seek immediate assistance if you feel you are not coping. Shaking your baby is harmful to your baby's health.