

On average new babies cry for 2- 4 hours a day and cry most often between 6 to 8 weeks after birth. This can put a lot of strain on new parents



ALL BABIES CRY

Most crying is normal and it's a baby's loudest and clearest form of communication.

Parents have to figure out the best way to settle their baby and this can be tricky because many babies take a long time to work this out and for themselves. The good news is that all babies stop crying – eventually.

GETTING SOME HELP

Crying can get intense. SMS4dads includes an Interactive MoodChecker about baby's crying.

For those not coping so well, SMS4dads asks if you want to be connected to a service. There's support available to help you manage a crying bub. SMS4dads provides tips, tools & connections to services.

FROM A DAD WHO PARTICIPATED IN SMS4dads

"When things were tough the texts made me realise that it wasn't just me experiencing these things. I would recommend this service to other new dads."

A crying baby can stress parents out. If you're beginning to feel triggered put bub in a safe place and give yourself some space

I will cry dad, it's how I'll communicate. My crying will probably peak at about 6 weeks after birth and then begin to settle

Be patient with yourself and know you (and your baby and partner) are figuring it out and learning together

If you feel like you're losing your cool then put your baby down, walk away, take plenty of deep breaths. This advice has stopped parents from shaking, or hurting their baby



WHAT DADS SAY

We asked dads who found they were doing pretty well with the crying and settling their baby "how did you do it?" They sent us tips and advice from their experiences. Here's what they said:

TEAMWORK

Remember that you and your partner, for the most part, are both doing the best you can

Have a time cap (like 45mins) to handle a crying baby before swapping, so that you have an end in sight

Remember to take deep breaths when baby is crying

This helps to calm you both
No one was born a dad – it's often trial and error to figure things

BABY COMMUNICATION

Babies have no other way to say what they need, all they know how to do is cry

When bub is crying, you're not necessarily doing anything wrong, you just haven't gotten clear on what they're trying to tell you yet

There's only so many things a baby might need when they're crying. Having a 'checklist' to work through each time helps to be a bit more systematic in settling bub

HOLDING

Direct contact, like cuddling and patting, is the number one way to soothe crying

Finding the approach and positions for holding your bub that works best is the trick

Combine cuddles/patting with noise – like singing, talking, humming, or playing music

Try adding some movement – like gentle bouncing, rocking or going for a walk



In the end, there's no exact science on the best way to settle a baby.

All dads are pioneers in discovering how to do it and what works best for them and their bub. One dad found that the hum of the washing machine was the key. He spent hours in the laundry!



There may be times when the best and safest thing to do is to put your unsettled baby in a safe place and give yourself some space.

Tired parents can easily be triggered by infant crying and this can put babies at risk of harm. Talk with your partner about the best way to manage when crying is getting on top of either of you.

If you need support right now, you can **call 1300 78 99 78**

SMS4dads

SMS4dads is FREE!
It's designed especially for dads



SMS4dads.com