

HELP!

MY BABY CRIES

SO MUCH

Advice sheet for parents
www.hamburg.de/schreibabys

WHO CAN HELP YOU HERE?

If you are worried about your baby or have any questions then speak to

- your baby's doctor
- your midwife
- the maternity care centre
- a family team in your area.

We are here for you in Hamburg. We advise and support you.

Schreibabyberatung
(Consultation for babies who cry all the time)
Telephone 040-43 17 94 82 14
E-mail: kontakt@schreibabyberatung-hamburg.de
www.schreibabyberatung-hamburg.de

Die Beratungsstelle. Von Anfang an.
(The advice centre. Right from the start.)
Telephone 040-27 88 08 86
E-mail: info@vonanfang.de
www.vonanfang.de

Emergency service for children and adolescents
Telephone 040-42 84 90
Someone is there for you 24/7!

More information can be found here:

www.hamburg.de/familienteams
www.hamburg.de/familienwegweiser
www.elternsein.info



**NEVER SHAKE YOUR BABY!
THIS IS VERY DANGEROUS.**

Constant crying is sometimes hard to put up with.

But remember that your baby cannot yet support his own head.

If you shake your baby the head is thrown back and forth.



You can injure your baby severely by shaking.

The baby can become handicapped or even die.

Anybody who looks after a baby needs to know this.

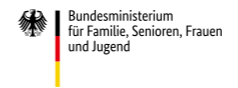
If an accident like this should happen go to the nearest hospital for help immediately.

RESPONSIBLE FOR THE CONTENT

Sozialbehörde • HAG • TK • Berufsverband der Kinder- und Jugendärzte e.V.-LV Hamburg • Institut für Rechtsmedizin-Universitätsklinikum Hamburg-Eppendorf (UKE)



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www.hamburg.de/schreibabys

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www.hag-gesundheit.de

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Landesvertretung Hamburg
Steinstraße 27, 20095 Hamburg

DEAR PARENTS,

It's lovely to have a baby.

But it can also be difficult.
For example if your baby cries a lot.

This flyer asks what it means when your baby cries.
Why is shaking your baby so dangerous?
What can you do?
And where can you get help?

WHY DO BABIES CRY?

There can be many reasons.

Always remember that your baby cannot talk.

If your baby needs something then your baby will cry.

You know your baby.

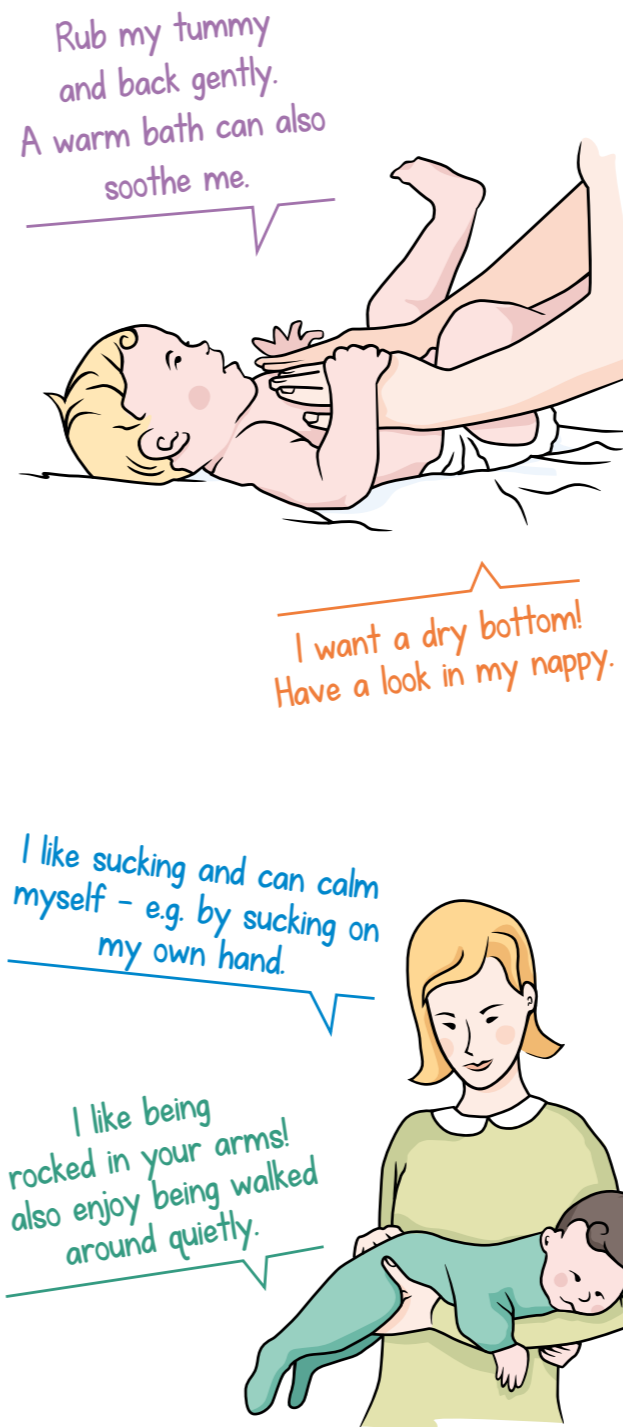
You notice if anything is different.

Your baby will never scream at you.

Your baby is not cross with you.

WHAT CAN HELP YOUR BABY

Take a deep breath.
Try to calm down.
Try to find out calmly what your baby needs:



IF YOU REALIZE THAT YOU CANNOT PUT UP WITH THE CRYING ANY LONGER

Then it is important to protect yourself and your baby.
Lay down your baby on the back in the cot. Go into another room.
Perhaps your baby will continue to cry. In this case this is not serious.
Try to calm down.

TAKE A BREAK

Are there people that you trust?
For example friends, relatives or neighbours?
Speak to one of these people.
Perhaps the person can take your baby for a while?
Then you can relax and recover.

IF YOUR BABY DOES NOT STOP CRYING

You have tried everything.
Your baby is still crying in spite of this. Maybe you are tired.
And you are running out of patience. The crying is getting on your nerves. You feel desperate or angry.
Then you and your baby need help immediately!