

# Information for parents and parents-to-be

## Comforting an infant

Infants are children under the age of one year. Here you can read about why infants cry. You will also find some ideas of what you can do to comfort your infant.

## All children cry

Children crying is something that is completely normal. Children use crying as a way of communicating, for example that they are hungry. There are children that cry a lot and children that cry less.

Sometimes it's hard to understand what infants want when they cry. But it's easier to understand when you and your child get to know each other better.

Many parents become stressed when the child cry. Think about what you can do when your child starts crying.

## Why infants cry

Here are some examples:

- The child wants to be close to someone.
- The child is hungry.
- The child needs a dry nappy.
- The child is tired and needs to sleep.
- The child is either too warm or too cold.
- The child is not lying comfortably in its bed.
- The child needs peace and quiet.

## Ways of comforting your child

Here are some examples:

- Hold the child close to your body and rock it slowly.
- Carry the child in a carry-harness or shawl.
- Sing soothing songs to the child.
- Talk calmly to the child.
- Switch off lights and put on some calming music.
- Put the child in its pram and go for a walk.
- Take the child for a ride in the car.

## What to do if the child cannot be calmed

Here are some examples:

- Call someone who can help you with your child.
- Ask someone to look after your child so you can rest for a while.
- Have headphones with music or hearing protection.
- Lay the child on the bed and keep an eye on it from time to time.  
Pick the child up once you calmed down.

Anyone can get stressed when a child continues crying. But never shake your child.

## Never shake an infant

- Shaking an infant can cause damage to the child's brain.
- Shaking a child can cause it permanent brain damage.
- The head of an infant is large compared to the rest of its body.  
The child's neck muscles have not finished developing.  
So a child cannot keep its head still if it is shaken.
- Children being shaken have difficulty in breathing.
- Children being shaken can stop breathing.

**Call the emergency number 112 immediately if your child has been shaken!**



When a child is shaken it causes bleeding on the brain.

## Do you want to find out more?

Talk to the midwife at your antenatal clinic (barnmorskamottagning) or your nurse at the Child Health Clinic (BVC). They can give you more information and answer questions about what you've just read about.

Call telephone number 1177 if you need more information about child healthcare and illnesses. You can call number 1177 every day and every night, all year round.

In an emergency, always call number 112 and ask for an ambulance.