

Being alone with a baby who is struggling to settle can be difficult for any parent. The ongoing isolation of lockdown can make this extra stressful

If you are struggling you are not alone



Help and support is available. Check out these websites for information and support:

**Advice about crying in first 5 months:** [PURPLECrying.info](https://purplecrying.info)

**Support for Crying and Sleepless Babies - Cry-sis:** [cry-sis.org.uk](https://cry-sis.org.uk)

**Infant Crying and How to Cope - ICON:** [iconcope.org](https://iconcope.org) (please be aware that this website contains upsetting information about shaken baby syndrome)

**Baby Sleep Information Source - BASIS:** [basisonline.org.uk](https://basisonline.org.uk)

For free 24 hour support Text BABYBUDDY to 85258 or you can speak with the Samaritans by phoning 116 123 – You are not alone

Speak to your Health Visitor for more support