

Crying, Crying and More Crying



Check pēpi:

Hungry – when did you last feed pēpi?

Temperature – is baby sick?

Nappy – does baby need a nappy change?

Pain – is there something hurting pēpi?

Overload – has there been too much going on all at once?

Try:

Waha and waiata, or
sling, sing and sway

Starting to lose it? Try:

- Walk
- Car
- Buggy
- Breathe

Feeling Stressed?

Put pēpi somewhere safe

Make a cuppa

Hang a load of washing out

Have a quick shower

Take a 5-minute time out
for yourself

Websites

Tips for Parents

takai.nz

Get into Te Reo

www.reomaori.co.nz

SUDI or Cot Death

www.change4ourchildren.co.nz

Need some HELP?

Call a friend or whānau,
someone you trust

PlunketLine: 0800 933 922

Healthline: 0800 611 116