

# ALL BABIES CRY

## Top Tips for Dads!

- Talk to your baby
- Songs, humming and 'shushing' can all help
- Talk to other dads
- Ask for help if you need it



Support is available:

Call 0300 300 0123

Text: 07520 631590

Visit: [JustOneNorfolk.nhs.uk/AllBabiesCry](https://www.justonenorfolk.nhs.uk/AllBabiesCry)

Scan me:

