

Greetin



Greetin is communication

Aw bairns greet. It's their wey o sayin, "A'm hungry," "A'm sleepy," or Gies a cuddle!" Whiles, they juist feel like greetin.

It can be stressfu an owerwhelmin but greetin is normal. Ye're daein naethin wrong.

Ye can find hunners o tips tae soothe yer wee ane at parentclub.scot/crying



An mind, it's okay tae walk awa for a few meenits if the greetin is gettin tae ye, as long as yer bairn is safe. The guid news is, efter around 8 weeks, bairns generally stert tae greet less ilka week. Stick in!

Hae a plan

Whae can ye caw on for support? Whit helps ye calm doon?

Nae maitter how knackert or scunnert ye feel, niver, iver shake a bairn.



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For advice an support, caw the Cry-sis helpline on **0800 448 0737**