



BABY CRYING?

All babies cry. Some babies cry more, some babies cry less. Sometimes babies can't stop crying no matter what you do. When you can't comfort your baby it is normal to feel worried, sad, frustrated.

**Parenting can be tough...
It's OK to ask for help.**

**Talk to your Public Health Nurse.
Or, talk to a nurse for health advice ANYTIME
by calling Health Link Alberta.**

**In Calgary at (403) 943-LINK (5465)
In Edmonton at (780) 408-LINK (5465)
Or call toll-free in Alberta at 1-866-408-LINK (5465)**

