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Table 2 Recommendations for clinical practice

Study finding	Recommendation
<p><b>1. Lack of prior preparation for excessive infant crying</b></p> <p>Parents reported little knowledge of the fact that some healthy infants can cry excessively. As a result they felt ill-prepared to cope with their baby's crying when it occurred.</p>	<p>Parent education prenatally or in the first few postnatal weeks should include information about excessive infant crying, including signposting parents towards relevant resources and sources of help.</p>
<p><b>2. Inadequate information and advice regarding excessive crying</b></p> <p>Parents reported a lack of resources specifically related to excessive infant crying when they looked for them in books and on the internet.</p>	<p>Development and dissemination of resources that give specific information, advice and support for parents with an excessively crying baby.</p>
<p><b>3. Existing healthcare provision not fully meeting parent's needs</b></p> <p>Some parents felt their experiences and concerns were dismissed or invalidated by healthcare professionals who appeared not to understand the difficulties of coping with an excessively crying baby. Parents were reluctant to disclose concerns because of fears of being seen as an inadequate parent, or that their baby might be taken away from them.</p>	<p>Development of training resources for healthcare professionals involved with care of parents before and after the baby's birth to improve knowledge and awareness of excessive infant crying. This should include training in how to support parents and signpost them to relevant resources.</p> <p>Development of care models that provide continuity of care and allow parents to trust professionals and disclose their concerns and anxieties. This might include the referral to specific support resources.</p>
<p><b>4. Lack of public tolerance or understanding of excessive crying</b></p> <p>Parents experienced the general public as often intolerant of excessive crying in public places, with lack of awareness of how this phenomenon impacts on parents.</p>	<p>Dissemination of information about excessive infant crying to the general public using a variety of media including TV, radio, social media and articles in popular magazines.</p>