



Rotherham Doncaster and  
South Humber NHS FT

**Dear Parent/Carer**

**Cluster Randomised Controlled Trial of a Service to Support the Mental  
Health and Coping of Parents with Excessively Crying Infants.**

Excessive crying affects one in five babies, with peak crying often happening around five weeks of age. This is sometimes known as infant 'colic', although it often has nothing to do with digestion or any physical illness. This crying can be extremely traumatic for parents and carers.

**Surviving Crying** is a support package designed to help parents understand and cope with prolonged crying. This includes written and online materials and a support programme provided by specially trained health visitors.

A research study is taking place in your area, it is a clinical trial. This trial aims to find out if the **Surviving Crying** support package used in conjunction with standard care from your health visitor and GP is more effective in helping parents and carers cope with an excessively crying baby than standard care alone.

Of course, it is more than likely that your baby will not cry excessively, but if you do feel this is something you need help with you should contact your health visitor who will be able to give you advice and make sure your baby is healthy. Your health visitor may also discuss the possibility of taking part in our clinical trial with you.

If you decide that this trial is of interest to you, either your health visitor or GP will ask whether you are happy for your contact details to be passed to a local member of the project team. Alternatively, you can contact your research



team directly. (See contact details below). We will then contact you to explain the study in more detail and provide more information.

There is no pressure to take part, if you do decide to take part you can withdraw at any time.

Whether you take part or not, this will not affect the care you get from your health visitor, or other NHS services, which will be provided in the usual way.

If you are concerned about any of the information here please contact your health visitor or GP.

**Thank you for taking the time to read this information**



**Project Team**

**Contact details:** [rdash.unblinded-survivingcrying@nhs.net](mailto:rdash.unblinded-survivingcrying@nhs.net)



**Nottingham Trent  
University**

The trial study is being organised by the Nottingham Trent University Leicester and specially trained health visitors in your local area.

FUNDED BY

**NIHR** | National Institute  
for Health Research

This study is funded by the National Institute for Health Research (NIHR), Health Technology Assessment programme (HTA) (Unique award identifier 131341). The views expressed are those of the authors and not necessarily those of the NIHR or the Department of Health and Social Care.

