

FUSSY BABY?

10 things to try

A crying baby causes a visceral reaction that can send you spiraling. Here is a step-by-step approach so you can avoid the middle-of-the-night google search.

Check your own pulse first:

Your adrenaline is probably going, and you are primed to jump into action (this is an evolutionary drive). Take a moment to check your own pulse, take a breath, and remember that you can do this! That moment also allows your baby the opportunity to settle on their own, which can happen if you give them a chance. Not always - but sometimes!

Common things are common:

Babies cry a lot. And the most likely reason for the crying is not a scary one. Check the diaper. See if they're hungry. Do they need to burp? Are they tired/is it nap time?

If you've tried all of that and it doesn't help...

Check temperature. Look for a hair tourniquet (fingers, toes, penis). Are they gassy? Try bicycling the legs, rubbing the belly. Are they in pain?

If all seems ok....

Try the techniques on the next page. The first 5 are most likely to help based on the data, but the second 5 are some tried-and-true tricks I've learned over the years.

After 30 mins, if you see no improvement...

Call your pediatrician (yes, even if it is the middle of the night).

Red flags to call your pediatrician immediately:

- Temperature $>100.4F$ in an infant under 2 months
- Baby is vomiting more than usual or you see blood in vomit/poop
- Baby is not feeding, or has fewer than normal wet diapers
- Inconsolable fussiness or lethargy.
- *Anything else tickling your spidey sense.* Trust your gut, always.

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A crying baby causes a visceral response that can easily send you spiraling. See the prior page for some important guidelines. Here are some things you can try to help soothe your baby.

Swaddle Mimicking the close, snug feel of the womb can be very soothing for babies.

Side/Stomach Hold the baby either on their side or their front.
NOTE: *never let them sleep this way. They should be supervised.*

Shush White noise machines, the vacuum, the washer/dryer, or making a shhh sound yourself can help because it mimics the white noise in the womb.

Swing Babies are accustomed to being gently rocked in the womb. Mimic this movement in a stroller or even in your arms.

Suck Sucking is an instinctive way that many infants soothe themselves (even in the womb, sometimes!) A pacifier is an easy way to provide this.

Massage Research shows us that touch is soothing. Infant massage techniques have been used for thousands of years. A massage for mama may help too!

Bath Sometimes warm water can really help an infant relax, especially if they're struggling with gas or constipation.

Baby-wearing This is an easy way to provide both close contact & movement. It also leaves your hands free so you can still get things done!

Change of scenery Changing the environment can be a great "reset" for babies and adults. This could be as simple as taking a walk, handing off the baby, or even going to a different room.

Phone a friend If you are feeling especially frustrated, reach out for help. It is never wrong to ask for help. *Never shake your baby.*

Remember: This *feels* hard because it *is* hard, **not because you're doing it wrong.** And while you probably know it will pass, that knowledge doesn't help you in the middle of the night. If you feel like you're struggling, reach out for help. Your mental health matters. Healthy babies need healthy parents.