

# Calming a Fussy Breastfed Baby



Crying is often related to hunger, and feeding is the obvious solution. However, periods of crying, with no obvious cause and no ready cure, plague many parents. Here are a few suggestions. Give several a try. One may work today and another may work tomorrow. Be flexible, and know that "this too will pass".

## Symptoms:

- Periods of inconsolable crying
- Clenching fists
- Drawing legs up to abdomen
- Stiffening as if in pain
- Passing gas
- Grimacing

## Possible causes: (may be more than one)

- Immature gastro-intestinal system
- Sensitive nervous system
- Excessive gas or over-feeding
- Formula intolerance
- Reaction to foods the breastfeeding mother has eaten
- Over-stimulation

## Possible remedies:

- Hold your baby skin-to-skin
- Motion in any form:
  - Walking Baby
  - Rocking in rocking chair
  - Rocking side to side while standing
  - Ride in the car or in a stroller
  - Carry baby in infant sling
- Over-the-counter gas-relief drops (discuss with MD)
- Singing, humming
- White sound (running water, vacuum, clothes dryer, hair dryer)
- Commercially available recordings with strong beat designed to simulate intrauterine sounds



- Hold your baby skin-to-skin several times each day
- Swaddle your baby snugly (see photo below)
- Undress your baby and allow complete freedom of motion
- Avoid over-stimulation from noises, lights or motion
- Distract the baby with different sounds, sights or places
- Hold baby in the "colic hold" (facing floor, supported by your arm, heel of your hand putting pressure on the abdomen; see photo below).
- Hold baby over your shoulder or over your knees
- Bicycle your baby's legs
- Keep a food diary to determine if a particular food bothers your baby



Swaddle the baby



Hold baby in the "colic hold"

- Consult a Lactation Consultant who may suggest feeding on only one breast per feeding or other techniques to balance the "foremilk" and "hindmilk" your baby obtains while feeding.
- Take a break, let someone else try for a while; babies sense your tension.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

Handout provided for you by [www.yunfuxuexiao.net](http://www.yunfuxuexiao.net). Source: Lactation Education Resources