

WHY IS MY NEWBORN SO FUSSY?

The "Witching Hour"

Baby is fussy only at certain times of the day, otherwise she's fine.

What to do

Cluster feed, wear your baby, go for a stroll, skin-to-skin, quiet & dark room, try the 5 S's.

How long?

Typically lasts a few days / weeks.

Schedule Issue

Baby cries, fusses, or is grumpy all day long.

What to do

Follow awake times & make sure baby sleeps every 30 - 90 mins all day long.

How long?

Typically resolves immediately

Colic

Baby cries at least 3 hours per day, 3 times per week, for 3 weeks.

What to do

Cluster feed, skin-to-skin, warm tummy compress, white noise, 5 S's, baby sling, massage, warm bath.

How long?

Typically resolves around 3-4 months.

