

Tips for Newborn Fussiness & Colic

Create a calm environment

- ★ Dim house lights
- ★ Reduce noise
- ★ Limit visitors



★ Feeding tips

Help your breastfed baby get hind milk at each feed (empty your breast before offering another)
Burp baby often
Keep baby upright as much as possible when awake

★ Cluster feed (aka feed frequently)

Increases your milk supply
Soothes fussiness
Encourages longer night sleep

★ Bottle feeding?

Try small feeds (1-2 oz, 30-60 ml) every hour or so.
Or a pacifier.



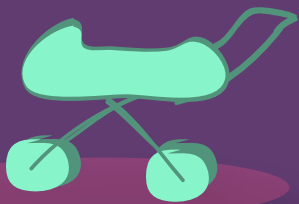
Wear your baby
Or try skin-to-skin

Give baby a massage



Run the hair dryer or use a white noise machine

Go for a stroll



★
Try Dr. Karp's 5 S's
(great activity for Dads!)

Swaddle,
Side or Stomach
position, Swing,
Shush, Suck



As a last resort:

Ask your doctor about
-probiotics,
-anti-gas drops,
-switching baby's formula
-adjusting your diet (if breastfeeding.)
-or consider craniosacral therapy

Mix it up!
Feed baby while you walk, bath together, etc..