



# PROHEALTHY

Education for our patients and families

## Settling a Fussy Baby

Having a new baby can be so exciting, but a baby that cries a lot can be very frustrating and draining of energy. Babies are born with different temperaments and some may be inclined to fuss more than others. Here are some ideas to help you cope when baby is fussy.

1. Talk to your baby right from the start, and hold baby often. This helps baby learn to trust you and feel happy when he is with you.
2. When your baby starts to cry, use a gentle tone of voice to let him know you are coming, then pick him up and comfort with holding and gentle rocking. Remain calm yourself.
3. Watch your baby for signs that he is starting to wake up. Pick baby up and nurse before he becomes too fussy. Babies feed better and cry less if their needs are met early.
4. Offer to feed the baby if fussy, breastfeeding is comforting as well as nutritional, and you do not have to worry about overfeeding as you would with formula.
5. Let baby nurse until he comes off on his own. A good latch will help to ensure baby is drinking effectively.
6. Burp baby between sides, and after feedings. Sit baby upright or lift baby up onto your shoulder. Pat gently or rub his back.
7. Some babies cry when adjusting to new surroundings, and need to be held a lot and nursed to calm them.
8. Wrapping baby in a snug blanket may help him feel more secure.
9. Placing a cloth diaper or baby blanket warmed in the dryer over baby's tummy may help relieve a gassy tummy. Holding baby and walking and rocking may also help.
10. Playing soft music or singing quietly will help you and baby to be more relaxed. If you are unable to calm baby, take temperature, and call physician for further advice.
11. Never, never shake a baby. If you are feeling frustrated and overwhelmed, place baby gently in a safe place such as in the crib. Get someone to help with caring for baby while you take a break.

Please call your doctor for any questions or concerns you may have regarding this information.



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.  
This educational material was developed by a team of experts from throughout ProHealth Care.*

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