

How to Handle a Fussy Baby



Holding your baby is very important and will give her the security and love she needs to grow. It will NOT spoil her.

If your baby is fussy, or cries a lot, she may be . . .

. . . hungry.



Feed her whenever she is hungry. Early signs of hunger include: hand chewing or sucking, and turning the head as if looking for the breast.

. . . in need of attention.



"Wear" your baby instead of using a baby carrier. A cloth carrier keeps your baby close to you, while you do other things.

. . . over-excited or over tired.

- ♥ Calm her with gentle side-to-side rocking, lots of skin-to-skin contact, warm baths, soft lights and soft music.

. . . having a growth spurt.

- ♥ At about 2, 6, and 12 weeks your baby may be hungry more often because she is growing faster. Feed her when she first looks hungry.

. . . sensitive to caffeine

- ♥ try cutting out coffee, colas and tea.

. . . sick.

- ♥ call the doctor, especially if she has a fever