

Suggestions for Fussy Babies

| | | | | |
|---|---------------------------|--|--|--|
| Breastfeeding Foods to Consider | Foods to Be avoided | TRY THIS COLUMN 1st Dairy (cow's milk) Eggs Peanuts Tree Nuts (almonds & walnuts) Fish Coffee or caffeine Chocolate Soy | NEXT TRY THESE: Cabbage Cauliflower Broccoli Onion Green Peppers Turnip Brussel sprouts Cucumber Tomato Peas | Lemon Mangos Berries Melons Pineapple Strawberries Stone fruit - peaches Lentils Strong herbs and Spices Garlic <i>Cooked is usually tolerated better than raw</i> |
| | Foods To Be Eaten | Apples Sprouts Papaya Beets Celery Avocado Pears | Eggplant Corn Carrots Asparagus Root veggies Sweet potato Pumpkin | Zucchini Meat Mushrooms Chamomile dandelion fennel, cardamom Teas |
| <i>Try and stick to long slow cooking methods in order to facilitate easy digestion</i> | | | | |
| We recommend trying these Over the Counter Remedies | | Colic Calm Gerber Soothe Little Tummies Colic Relief drops Natren Life Start Probiotics or other infant probiotics Gas drops | | |
| Help babies swallow less air | | Special bottles to reduce gas – Dr. Smith's bottles Use a nipple with smaller hole Sit baby upright when feeding – including nursing in more upright position Frequent burping | | |
| Soothe with sounds and motion | | Walk or rock your baby Wear your baby using a sling or front carrier White noise – different frequencies (vacuum, hair dryer, radio) | | |
| Calm babies Senses | | Bright lights & sounds can overwhelm Swaddle Infant massage Warm baths Have them suck on a pacifier-although prolonged amount can ↑gas | | |
| Getting the gas out | | Bicycle legs while laying on their back Massage tummy down from neck to legs Tummy time Put gentle pressure on babies tummy – football hold Try using a product called the Windi tool by Fridababy | | |
| Other Considerations | | If using formula STIR do not shake Do not overfeed your baby Take time away from baby to de-stress | | |
| When to Call Office | | No poop, bloody poop, or vomiting More fussy than normal and cannot calm infant Fever > 100.4 rectal | | |