



Fussy Baby



Definition:

The term “fussy” most generally means easily upset, given to bouts of ill-temper.

Fussy infants are also sometimes considered to be ones that have colic. The definition of colic involves the signs you see of fussiness not the reasons for those signs. Colic can be termed where there is an otherwise healthy, well fed baby that is crying more than three hours per day, more than three days per week for at least three weeks or longer. Often times, there is nothing more that can be done to relieve your baby’s crying, other than to wait it out. Colic usually runs its course by three months and by 4-6months virtually all signs of colic are gone.

Some signs your baby might have colic:

- predictable periods or times of the day
- intense or inconsolable crying
- crying that occurs for no apparent reason
- posture changes

Treatment:

- use good reflux precautions: Keep infant upright for at least 20 minutes after feeding
- comfort infant by:
 - Sucking (pacifier)
 - Shushing (really loud in their ear)
 - Swaddling
 - Side-lying in their arms
 - Shaking (this is gentle jiggling, baby SHOULD NOT BE SHAKEN, but small little gentle jiggling ok)
 - Swing (swings are life savers)

(Suggestion: Watch or read The Happiest Baby on the Block book/dvd that goes over the 5 s's)

- If in pain can give Tylenol
- bicycling infant legs
- massaging tummy
- warm baths



When to call see your doctor:

- if you notice a bluish cast to your baby's lips or skin when they cry
- you've noticed changes in your baby's eating, sleeping or behavior
- your baby cries for longer than 2 hours, using the above advice
- your baby cannot be comforted
- worsening

What to bring with you to your appointment:

- a log of your infant's crying, eating, and sleeping