



# BREASTMILK

## EVERY OUNCE COUNTS

**Breastmilk is the easiest food for your baby to digest.** Breastfed babies have fewer tummy aches, less constipation, diarrhea, and colic.

**Other ways to keep you baby fuss-free:**

- Burp your baby after each feeding.
- Limit visitors and talk in a normal tone of voice. Babies can become over-stimulated if there is too much activity going on around.
- If you think something you ate is affecting your baby, stop eating it for a few days and watch to see if your baby gets better. If he does, then avoid that food.

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### **Caring for a Fussy Baby**

**Here are even more things you can do to comfort your fussy baby:**

- Check his diaper to see if he has a rash, or if his clothing is scratching or poking him.
- Wrap him snugly in his blanket to help calm him or, if he seems too warm, remove a blanket or outer piece of clothing.
- Walk your baby. Sing to him or talk to him in a soothing voice.
- Lay your baby on his tummy and gently pat him on his bottom. This may soothe a tummy ache or if he is overly tired, help him go to sleep. (But turn him over on his back if he goes to sleep.)
- If you become angry or nervous around your crying baby and need help caring for him, ask a friend or family member to hold your baby for a few minutes while you calm down. Or call the Parents Anonymous/Texas Parent Hotline: 1-800-554-2323.
- If nothing you do calms your baby, call your baby's healthcare provider. Your baby may have a painful earache or other problem you cannot see.