



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.

Fold in half with text facing out, and glue or staple page together

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.