



## What to do about my fussy baby?

### Takeaway message

- A daily episode of hard-to-soothe crying is normal but 20% of babies have many more fussy times throughout the day.
- Sometimes a medical cause can be identified but more often fussiness is unexplained. Contact your pediatrician to talk about your baby's fussiness.
- If fussiness is unexplained, this may be part of your baby's temperament. Sometimes sensitivities may persist for a few months or years. Learning what or when your baby has strong reactions may help in the long run.
- Inconsolable crying is very hard for parents. Often, fussiness stops at 3-4 months of age. Until then, get support from a trusted adult during the day or several times a week so you can refuel.
- Share your calm with baby. Remind yourself that your calm helps your baby, take a minute to settle yourself before responding to fussing. Singing a lullaby can calm you as it calms baby.
- Identify several self-calming strategies to help keep you in balance during these early postpartum weeks.
- Try some new calming solutions like Dr. Harvey Karp's 5 S's – Swaddle, side-stomach position, shush, swing, and suck - [www.happiestbaby.com](http://www.happiestbaby.com) or find a local infant massage instructor. The Infant Massage Network USA has lots of resources to help parents like you - [www.infantmassageusa.org](http://www.infantmassageusa.org) - as well as a list of local infant massage teachers - <https://www.infantmassageusa.org/parent-classes>
- Routines organize you and your family. They offer predictability and comfort to everyone. When you find a soothing solution that works, put it into a routine response to baby fussing. Baby will find security and peace from your consistent responding.
- Refueling is essential for parents. Support your well-being by reaching out for help. When tasks are shared, they are less burdensome. Asking someone else to care for baby for just a few hours each week will lighten your outlook.

