

Soothing a Fussy Baby

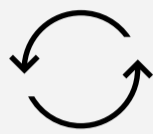
TECHNIQUES TO HELP YOU COPE

FART YOUR BABY

The Fold



The Bicycle



Give your baby some tummy time

Sitting Up

Try pausing feeding to burp your baby. Burp your baby after every feed.

Over the Shoulder

On Tummy

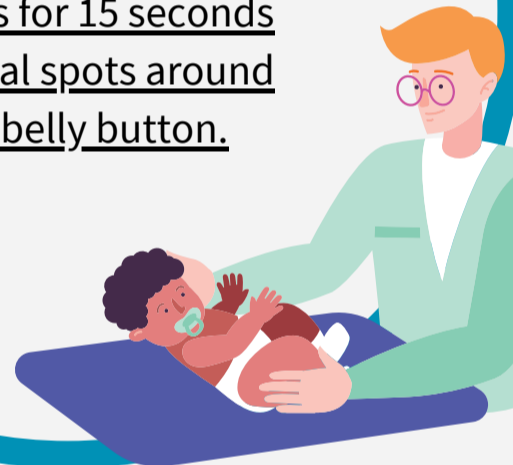


BURP YOUR BABY

SWADDLE & MASSAGE

Gently massage your baby's belly in circular motions for 15 seconds in several spots around their belly button.

The Colic Hold



White noise and motion may help sooth your baby.

Try *walking or rocking, putting your phone on vibrate, your tv on low, or downloading a white noise app.*

SOUND & MOTION



FEEDING POSITION

Chest

Try changing your feeding position

Book an appointment with a lactation consultant



GET SUPPORT

- Do things that help you cope
- Reach out to your community
- Book an appointment with a doula or practitioner

Birth Mark Classes + Clinics

Bottle

Paced Bottle Feeding

Check the flow is appropriate

Try a slow flow nipple

