

## Suggestions for Fussy Babies

Breastfeeding Foods to Consider	Foods to Be avoided	<b>TRY THIS COLUMN 1<sup>st</sup></b> <b>Dairy (cow's milk)</b> <b>Eggs</b> <b>Peanuts</b> Tree Nuts (almonds & walnuts) Fish Coffee or caffeine Chocolate Soy	<b>NEXT TRY THESE:</b> <b>Cabbage</b> <b>Cauliflower</b> <b>Broccoli</b> <b>Onion</b> <b>Green Peppers</b> Turnip Brussel sprouts Cucumber Tomato Peas	Lemon Mangos Berries Melons Pineapple Strawberries Stone fruit - peaches Lentils Strong herbs and Spices Garlic <i>Cooked is usually tolerated better than raw</i>
	Foods To Be Eaten	Apples Sprouts Papaya Beets Celery Avocado Pears	Eggplant Corn Carrots Asparagus Root veggies Sweet potato Pumpkin	Zucchini Meat Mushrooms Chamomile dandelion fennel, cardamom Teas
<i>Try and stick to long slow cooking methods in order to facilitate easy digestion</i>				
We recommend trying these Over the Counter Remedies		Colic Calm Gerber Soothe Little Tummies Colic Relief drops Natren Life Start Probiotics or other infant probiotics Gas drops		
Help babies swallow less air		Special bottles to reduce gas – Dr. Smith's bottles Use a nipple with smaller hole Sit baby upright when feeding – including nursing in more upright position Frequent burping		
Soothe with sounds and motion		Walk or rock your baby Wear your baby using a sling or front carrier White noise – different frequencies (vacuum, hair dryer, radio)		
Calm babies Senses		Bright lights & sounds can overwhelm Swaddle Infant massage Warm baths Have them suck on a pacifier-although prolonged amount can ↑gas		
Getting the gas out		Bicycle legs while laying on their back Massage tummy down from neck to legs Tummy time Put gentle pressure on babies tummy – football hold Try using a product called the Windi tool by Fridababy		
Other Considerations		If using formula STIR do not shake Do not overfeed your baby Take time away from baby to de-stress		
When to Call Office		No poop, bloody poop, or vomiting More fussy than normal and cannot calm infant Fever > 100.4 rectal		