



Breastfeeding is a wonderful gift for both you and your baby.

Breastmilk is the easiest food for your baby to digest. Breastfed babies have fewer tummy aches, less constipation, diarrhea, colic, asthma, juvenile diabetes and certain cancers.

Other ways to prevent colic:

- Burp your baby after each feeding.
- If you think something you ate is affecting your baby, omit that food from your diet for a couple of days, then try it again. Watch to see if your baby is affected by that food. If he is, then avoid that food.
- Babies can become over-stimulated if there is too much activity going on around. Too many visitors, shouting, or anger can upset your baby. Limit visitors and talk in a normal tone of voice.

Card #2

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Caring for a Fussy Baby



Here are some things you can do to comfort your fussy baby:



- Try offering the breast first. Your baby may be hungry or, if he is feeling sick, breastfeeding helps comfort him. Hold him upright over your shoulder for 10-15 minutes after the feeding.
- Burp your baby. He may have gas that is upsetting his tummy.
- 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 Texas Parent Hot line: **1-800-554-2323**.
- If nothing you do calms your baby, call your doctor. Your baby may have a painful earache or other problem you cannot see.