Why are we here?
Who?

- Any family who perceives their infant to be fussy, or have feeding/sleeping problems
- **PERCEPTION!**
Parents Say...

“I was afraid something was seriously wrong with her.”

“I tried everything, and nothing worked.”

“I felt like such a failure.”

“This feels like torture.”

“This is not at all what I thought it would be.”

“I can honestly understand why someone might end up hurting their child.”

“Other people could soothe my baby and I couldn’t.”
What happens?

- Parental mental health
- Marital stress
- Impact on relationship with child
- Future behavior problems?
Parental factors

- Goodness of fit
- Depression
- Anxiety
Help!
Biomedical vs Psychosocial model

• Pediatric visit

• Can there be more?
Every Wednesday afternoon on our Kids Plus Facebook Page, we post a Kids Plus “Doctor’s Note” on some medical or developmental topic that we think will be valuable and interesting to our families.

Each Doctor’s Note is a few paragraphs long, written in a clear, straightforward style designed to engage and inform you. Because the Notes are designed as references for our Kids Plus families, we’ve created a library of them here — grouped by topic and listed alphabetically by subject. Just click the title to read the Note.
the kids+

Fussy Baby Class

Monday, October 6th, 7:00pm. The Well @ Sq. Hill/Greenfield
What is Fussy? Normal Crying

- 1-3 hours
- Peaks at 6 weeks
- Much decreased by 4-5 months
Why?

- Hungry
- Tired
- Over-stimulated
- Under-stimulated
- Over-heated
- Dirty diaper?
- Illness

- Feeding Issues
  - Overactive letdown
  - Slow letdown
  - Formula or milk intolerance

- Tummy trouble
  - gas?
  - colic?
  - constipation?
  - GER?
Why Do Some Babies Cry More Than Others?

- Temperament?
- Easy vs. Challenging (sensitive, intense)
- “High need”
High Risk Families

- Drug withdrawal
- Parental mental health history
- Lack of support
- Other stressors
Babies DON’T Cry...

- Because they’re spoiled
- To annoy their parents
- To complain about your parenting
- To ruin your life
- Because they don’t like it here
Figuring it Out

? . ? . ?
Figuring it out

Overheated
Hungry
Diaper change
Over-stimulated
Overtired
Infant sleep

- 1-4 Weeks

At least 15-16 hours, as many as 18
Figuring it out

- Illness
  - Take temperature
  - Any symptoms?
Is it something they are eating?

• Cow’s milk Allergy vs. Intolerance
  • Vomiting
  • Blood in stool
  • Eczema
  • Diarrhea or constipation
  • Fussiness
Tummy Trouble

- Gas
- Constipation
- Reflux
Is it Colic?
What is Colic?

• 1/5 babies

• Unexplained crying for:
  
  3 hours/day
  more than 3 days per week
  more than 3 weeks

• Peaks around 4–6 weeks

• Usually resolves around 12 weeks
Colic

- Male vs Female
- Bottle vs breastfed
- Term vs preterm
- First vs second child
Cause?

- Protein intolerance or lactose intolerance
- Gas
- Difference in temperament
- Post partum depression
- Maternal anxiety
- Hormone changes in the baby
Colic

- Starts suddenly
- High-pitched cry
- Belly may be “hard,” legs may pull up
- Red face
- Starts and stops on its own
- Babies eat and grow well
Figuring it out

- Myriad of options
- Not a lot of research
- Trial and error
• Expectations

• Learning to listen - where are they?
Dr. Harvey Karp’ 5 S’s

- Suck
- Swing
- Shhhhh
- Swaddle
- Side-lying
• Wearing baby
What to do with siblings?
Change of Diet

- Gentle/Sensitive formula
- Maternal diet elimination
Other remedies

- Chamomile
- Probiotic
- Gripe water (combination of herbs)- Colic Calm
- Peppermint
- Massage
- Osteopathic manipulation
Find sanity

- Get a break from friends/family
- Lower expectations
- Ear plugs!
- Find something that makes you feel human
  -- and do it!
• Support groups
• Talk to us
• If all else fails...
  • Put the baby in a safe place, and
  • Take a break
Other resources

- You!
- Early Head Start, home visitors
- Others?
Remember

• This is really hard
• Be kind to yourself
• It won’t always be this way
• You’re doing a great job
Goals

- Close follow up
- Healthy relationships


