

Babies often cry a lot during the first few months of life. In fact, 2-3 hours of crying per day is normal for healthy infants as they mature and get used to life outside the womb. By 3 months, even the fussiest babies tend to cry much less. Here are some helpful things to know:

Babies' tummies are still developing

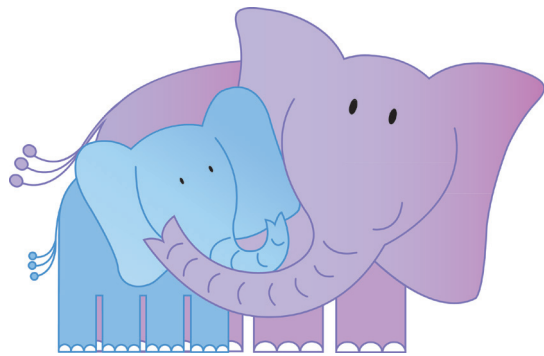
While the digestive system matures during the first year of life, milk or formula can wash back up. This isn't usually harmful, but the discomfort can make some babies cry. Keep your baby upright during and for at least a half-hour after feeding. It helps keep what goes down to stay down.

Babies get gas—a lot!

During feeding, young babies can gulp air until they learn a good rhythm for sucking, swallowing, and breathing. Gas can also build up when breast milk or formula doesn't agree with a baby. Crying can be a sign of gas pain. And it can be a cause as well, since babies also swallow air when they cry.

Some babies are just more sensitive

What doesn't bother one baby can make another burst into tears! It might be noise, light, even a dirty diaper. You can't change a baby's natural temperament, but soothing your baby, before crying gets extreme, can help.



How to Soothe Your Baby

- Rocking or walking with baby
- A pacifier
- Swaddling (wrapping baby snugly in a soft blanket with arms straight at his sides)
- Car ride or baby swing
- Talking or singing
- White noise ("shhh" sound; hum of a fan or clothes dryer)

Tips on Relieving Trapped Gas

- Burp baby *during and after* feedings—after 2 or 3 ounces of formula or when changing breasts. (It's okay if baby doesn't burp every time!)
- Lay baby on his back and bicycle his legs
- Massage baby's tummy gently with firm circle strokes
- Try an anti-gas medicine, like Infants' MYLICON® Drops.* When used as directed, it's safe for babies of any age (you can give it at feedings or as needed up to 12 times per day).

Talk to your doctor if you have questions about crying or discomfort with feeding.

* Use only as directed. Do not exceed 12 doses per day.



Download FREE Kids' Wellness Tracker

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