

Trapped Air (Wind)

Some babies are prone to having trapped air which can cause discomfort. To help prevent this:

- Help your baby to avoid swallowing air while feeding. Ensure that your baby is in a good position and that they have a good seal around your nipple with their lips.
- Ensure your baby clears any trapped air that they may have after feeds. Some babies may be able to do this themselves but some babies may need some help, e.g. gently rubbing their back.

If your baby is bottle-fed some extra things to consider include:

- Allow any air bubbles that might be in the milk after shaking to settle before feeding.
- Ensure that the teat and the flow rate suits your baby. There should be a steady flow of drips when the bottle is turned upside down. If the flow rate is too fast or too slow your baby may swallow air while feeding.
- Ensure that the teat and neck of the bottle are full of milk during feeds.
- Ensure that your baby has a good seal around the teat with their lips.

- It may help to remove the teat from your baby's mouth from time to time during feeds. This helps stop the teat collapsing and your baby swallowing air.
- There are different bottles and teats that may help. Ask your PHN or pharmacist for further advice.

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



PREPARED BY
THE DEPARTMENT OF CLINICAL NUTRITION & DIETETICS
NATIONAL MATERNITY HOSPITAL
HOLLES STREET, DUBLIN 2
JULY 2014

NATIONAL MATERNITY HOSPITAL



What if my baby seems to cry a lot?

Information
for Parents and Carers



What if my baby seems to cry a lot?

Information for Parents and Carers

This leaflet provides general information only. If you have any concerns regarding your baby contact your baby's doctor or public health nurse (PHN).

All babies cry. Crying is the main way young babies communicate. Crying is often just a cue for you to check if something is bothering your baby, for example:

- Discomfort
- A wet or dirty nappy
- Feeling too hot or too cold
- Hunger or thirst
- Trapped air (wind) (see over)
- Over stimulation or tiredness
- Feeling lonely or bored
- Illness - this is a less common reason but if you suspect your baby is ill, contact your doctor or PHN.

Some babies have particular crying episodes which may be associated with tummy cramps. These can occur more often in the evenings. At these times babies may draw up their legs and go red in the face. This is usually temporary and most babies who are otherwise well and thriving grow out of it by the time they are 3 to 4 months of age.

Things which may help:

- Check that the crying is not caused by any of the reasons listed above.
- Help your baby avoid any trapped wind - see other side of this sheet.
- Try to establish a routine for your baby.
- Gentle massage, e.g. gently stroking your baby's abdomen in a clockwise direction, or lying your baby on their back and gently bringing their knees towards his/her abdomen. Contact your local health centre for details of local baby massage classes.
- Some parents find that a soother may provide comfort, however soothers are not generally recommended while breastfeeding is being established.
- Quiet background music or noise, gentle rocking, warm baths, walks and car rides.
- A gentle but secure cuddle.
Remember - never to shake your baby.

When breastfeeding:

- Allow your baby to feed fully at your first breast before switching to the second.
- If you think that something you eat may upset your baby, it may help to avoid it in your diet. If you plan to avoid important foods such as dairy foods or wheat, discuss it first with your doctor, nurse or a dietitian.
- Do not stop breastfeeding.

If your baby is fed infant formula milk:

- Ensure powdered formula milks are prepared correctly.
- Do not switch between different formula milks unless your baby's doctor, nurse or dietitian advises it.

If you find it hard to cope

Take time out - put your baby down in their cot and take a short break.

- Ask a relative, friend or someone you trust to care for your baby to give you a rest.
- Contact your doctor or public health nurse for advice and support.

Remember

- **Try not to exhaust yourself and if necessary seek support from family and friends.**
- **Your baby's crying is no reflection on your parenting.**
- **Asking for help is not a sign of failure.**
- **If the crying persists, sounds unusual or you are concerned that your baby is ill or not thriving contact your baby's doctor.**

