



What if my baby is unsettled?

Babies can sometimes appear unsettled but it is generally not of concern if your baby is otherwise content and feeding and growing well.

Below are some things to consider if your baby is unsettled:



Could it be Reflux?

Symptoms include:

- Spitting up milk during or after feeds
- Refusing feeds, gagging with feeds
- Persistent hiccups or coughing

Scan the QR code for information and suggestions to help

mychild.ie

Managing reflux



Could it be Trapped Wind?

Symptoms include:

- Squirming, crying or appearing uncomfortable during or after feeds.
- Bloating tummy

Scan the QR code for information and suggestions to help

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Managing trapped wind



Could it be Colic?

Symptoms include:

- Crying for more than 3 hours each day, for more than 3 days each week, and for more than 3 weeks
- Often accompanied by drawing legs up, clenching fists, arching back

Scan the QR code for information and suggestions to help

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Managing Colic





Could it be Constipation?

Symptoms include:

- Straining with crying when trying to pass a poo **and**
- Passing hard, dry, pebble like poos

Scan the QR code for information and suggestions to help

Note: Passing a soft poo every few days is not constipation

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Managing constipation



Could it be Milk Allergy?

Symptoms include a combination of 2 or more of the following:

- Blood and/or mucous in their poo
- Diarrhoea and/or constipation
- Vomiting
- Discomfort with feeds and/or feed refusal
- Hives, eczema, skin redness, itching
- Wheezing, coughing, sneezing

Scan the QR code for information and contact your baby's doctor (GP) to review

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Food allergy



If your baby is regularly unsettled for a few days or more, the suggestions offered do not work, or you are concerned, contact your baby's Doctor/GP or Public Health Nurse.

