



GRANDPARENTS: 5 TIPS TO SOOTHE A FUSSY BABY

THE SOUND OF A FUSSY BABY HAS THE POWER TO BREAK ANY GRANDPARENT'S HEART.

It's easy to feel helpless when you've fed, changed, and cuddled your new grandchild but she's still uncomfortable. Here are a few other expert-recommended tips you can use to help soothe the fussy baby in your life – or to help keep the little one from becoming fussy in the first place!

COMFORTING, CLOSE CONTACT



Your grandchild is still getting used to life outside of the womb and may crave that feeling of closeness.

- *Swaddling (wrapping the baby in a large, light-weight blanket), when done correctly, can provide the comfort your grandchild needs to feel calm. Learn the proper way to swaddle [here](#), and remember that swaddling is not recommended for infants older than 2 months or once the infant begins intentionally trying to roll.*

BURSTING (GAS) BUBBLES



Little ones can often experience the discomfort of gas in their tiny tummies, but there are things you can do to help burst those bubbles, such as using bottles designed to minimize air intake and [monitoring foods](#) to see whether your grandchild is having a reaction to something he's eating.

- *Laying your grandchild flat on his back and moving his legs in a bicycling motion can also help move any gas bubbles out instead of letting them settle.*



TAKING THE BITE OUT OF TEETHING



When those first teeth are starting to break through a little one's gums, she can be understandably uncomfortable. Something that is cool to the touch, but tough enough to chew on, can help soothe teething symptoms without the need for medication.

- *Giving your grandchild a wet, clean washcloth that has been in the freezer for 15-30 minutes to gnaw on can help provide the relief the baby is longing for!*

HELPING TO PREVENT IT



A sick baby is a fussy baby! You can help protect yourself and your grandchild from certain diseases by taking action before the baby is even born.

- *If you have a new grandchild or one on the way, talk to your healthcare provider, such as a doctor, nurse or pharmacist, about ways you can help protect yourself and your family from flu and whooping cough, including getting vaccinated. The Centers for Disease Control and Prevention recommends that everyone, including those around babies, make sure their flu and whooping cough vaccinations are up-to-date.*

SINGING AWAY THE BLUES



Babies find the voices of their loved ones to be comforting, so you can talk gently to your grandchild or have a little bit more fun with it.

- *Singing songs, whether traditional lullabies, silly made-up songs or those of your favorite band, can let your grandchild know that you're there loving and caring for him. Remember, your grandchild doesn't know and doesn't care whether you're off-key!*

FOR ADDITIONAL INFORMATION

- What to Expect®
www.whattoexpect.com
- Centers for Disease Control and Prevention
www.cdc.gov
- HealthyChildren.Org from The American Academy of Pediatrics
www.healthychildren.org
- Parents
www.parents.com

FOR MORE INFORMATION,
PLEASE VISIT
WWW.VACCINATEYOURFAMILY.ORG