

# FUSSY BABY CHECKLIST



There are few things as distressing as trying to manage a fussy and high needs baby. Fussiness and high-needs behaviours may be seen in a baby who cries or tantrums a lot, a little one who fusses around feeds and meals and of course in poor sleep habits. If you are worried about your baby, do this checklist to determine how to help your little one.



GREEN



ORANGE



RED





## GREEN

If the majority of ticks are predominantly in this category, your baby is generally a content little one and the fussing falls within the 'typical' range for new-born baby irritability. When your baby fusses, simple soothing strategies should work.

- ✓ Takes 15 minutes or less to fall asleep
- ✓ Age appropriate night wakings
  - <3 night wakings under 3 months
  - <2 night wakings before 5am under 6 months
  - 1 night waking between 1 and 5 am between 6-9 months
  - Sleeping through 10 hours from 6 months onwards
- ✓ Can self-soothe after a few minutes by sucking on hands or looking at you or when you talk to him.
- ✓ Cries for 15-30 minutes a day but can be soothed after crying with a cuddle
- ✓ Uses strategies such as a dummy or swaddling to soothe
- ✓ Is generally a good feeder but may gag on or pushes food out of the mouth a few times until gets used to the new food (older baby)
- ✓ Occasional temper tantrums related to wanting to get his own way that settle within a few minutes (toddler)

Click the button to get a list of ideas to soothe your baby when fussy.

GET TIPS

<https://www.megfaure.com/fussy-baby-tips/>





## ORANGE

If most of your ticks fall into this category, your baby may well be suffering from colic, which is seen in 20% of typical babies. This type of fussing will pass when your baby is 12 weeks old. It has no long-term consequences. Colic soothing strategies and diet adjustments can make a huge difference.

- ✓ Your baby was calm for the first two weeks and then became fussy.
- ✓ The fussing is generally seen at a certain time of day (often early evening).
- ✓ Your baby cries for 1-3 hours every day and at least three times a week, for 3 weeks or longer, under 3 months of age.
- ✓ Your baby does have one long stretch of sleep at night (4-5 hours).
- ✓ More wakings than are age appropriate
  - <3 night wakings under 3 months
  - <2 night wakings before 5am under 6 months
  - 1 night waking between 1 and 5 am between 6-9 months
  - Sleeping through 10 hours from 6 months onwards
- ✓ Can take up to three hours to settle to sleep in the evening.
- ✓ Your baby does accept methods of soothing such as dummy, holding, rocking or feeding.
- ✓ Your baby feeds well but may feed very frequently.
- ✓ Your baby has frothy poos and at times seems to have a gassy/sore tummy.
- ✓ Is generally a good feeder but may gags on or pushes food out of the mouth a few times and then gets used to the new food (older baby).
- ✓ Occasional temper tantrums related to wanting to get his own way that settle within a few minutes (toddler).

Click the button to get a list of ideas to prevent colic and soothe your baby.

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## RED

If most of your ticks fall in this category, your baby may be at risk of a regulatory disorder – a high needs baby with poor sleep and/or feeding. It is so hard to parent a high-needs baby and you will want to download the tips.

- ✓ Your baby was not calm after birth and became fussy within days of birth.
- ✓ The fussing seems to have no pattern and occurs at any time of day or night – its hard to predict what the triggers are.
- ✓ Your baby cries for 3 hours in 24 hours most days.
- ✓ Your baby never links sleep cycles and rarely sleeps for longer than 30 minutes in the day or two hours at night.
- ✓ Your baby wakes multiple times throughout the night.
- ✓ Takes up to three hours to settle to sleep in the evening and for every day sleep you need to rock or feed to sleep.
- ✓ Your baby does not accept methods of soothing such as dummy, holding, rocking or feeding.
- ✓ Your baby is unable to self-console and once upset, he requires extreme efforts to calm down. You find yourself spending from two to four hours a day over a period of three weeks or longer, attempting to calm him.
- ✓ Does not have an established, regular feeding schedule.
- ✓ Demonstrates distress around the process of feeding, with regurgitation and spitting out of food, particularly when eating textured or lumpy foods.
- ✓ Eats only soft or smooth foods.
- ✓ Had difficulty latching on to the breast for longer than five days as a newborn.
- ✓ Will not tolerate the change from breast to a rubber or silicone teat.
- ✓ Your baby fusses when the routine changes.





## RED

- ✓ Your baby responds by crying, withdrawal with at least three of the following:
  - Resists cuddling, pulls away or arches
  - Resists being swaddled
  - Distressed at having face or hair washed
  - Hates car seat
  - Resists being placed in certain positions (e.g. on back or stomach)
  - Avoids touching certain textures or getting hands messy
  - Doesn't want to wear clothing or wants to wear too many layers or very warm clothes
  - Fear of being swung in air or involved in boisterous play
  - Is startled or distressed by loud sounds (e.g. vacuum cleaner, doorbell or barking dog)
- ✓ Is generally a good feeder but may gags on or pushes food out of the mouth a few times and then gets used to the new food (older baby).
- ✓ Fussiness, irritability, negative mood state, tendency to rapidly escalate from contented mood to distress without an apparent antecedent cause.
- ✓ Frequent temper tantrums that are unpredictable.

Click the button to get a list of tips to assist you.

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