



How is fussiness different from colic?



Colic is more extreme and can be defined by the rule of 3s. Unexplained crying that:

- begins after the third week of life
- lasts for at least three hours a day
- happens more than three days a week
- lasts for more than three weeks

Usually colic diminishes by three months, but it should also be discussed with the doctor. A feeding change may help.



What may contribute to fussiness and gas?



Fussiness and gas can simply happen when your baby's digestive system is still developing — and that's why they're common at feeding time. While these issues usually ease as babies mature, it's important to discuss it with the doctor so you can find a way to help your baby be more comfortable in the meantime.



When will my baby outgrow it?



Some babies begin to feel better after three months; others can take a year. Since it's impossible to know how long fussiness, gas and crying will last, it's important to find a way to help in the interim.



Enfamil® Gentlease®

Fussy? Gassy? Crying?



Enfamil® Gentlease® eases fussiness, gas and crying in 24 hours — while still having complete nutrition that babies need for healthy development.

For more information, visit enfamil.com.



Here's how you can help your baby feel better.



If feeding times are fussy times, this information is for you.

Surely you want to enjoy feeding and nurturing your new baby. But when common feeding issues like fussiness, gas and crying get in the way, it can be a source of frustration.

70%
of babies
have feeding
issues

It's comforting to know that you are not alone. Over 70% of babies experience feeding issues during their first year. While your baby's doctor is the authority, refer to this Q&A to find out how you can help turn feeding times into happier times.

Q What may feeding-related fussiness and gas look like?

A During or after feeding, your baby may appear to be unhappy. She may squirm and pull her legs up to her stomach because of gas. She may cry intermittently and sometimes seem inconsolable.



Q How can I help my baby feel better?

A Sometimes you can help by changing the way you feed your baby. Here are a few techniques to try:

- Hold your baby in an upright position when feeding — and for a short time afterwards
- Burp your baby frequently, after every 2-3 fl oz
- Burp by patting gently from the lower back, moving upwards, after every 2-3 fl oz
- Gently massage the tummy
- Feed smaller amounts
- Calm your hungry or crying baby prior to feeding to prevent your baby from gulping air



Q Can a formula change help?

A Enfamil® Gentlease® has easy-to-digest broken down proteins and 80% less lactose than routine infant formulas. It's designed to ease fussiness, gas and crying in 24 hours. It has brain-nourishing nutrition and other nutrients your baby needs to learn, grow and develop.



Q How quickly can Enfamil® Gentlease® help?

A Gentlease can work fast — with improvements often seen in just one day. A clinical study of Gentlease showed significant reductions in fussiness, gas and hours of crying in just 24 hours — and these improvements continued over the 28 days of the study.*



Within **24** hours of switching to Gentlease, babies experienced a **33%** decrease in hours of crying. By 2 weeks, crying decreased **63%***.

Q How long can I use Gentlease?

A When babies feel better, life is so much more enjoyable. And because a switch to Gentlease can ease infant crying, fussiness and gas, many moms continue using it throughout the first year. Gentlease has the brain-nourishing nutrition your baby needs to reach milestones — and has all the nutrition of a routine Enfamil® formula.

*vs the same infants who had been fed routine infant formulas at the beginning of the study

