

Baby Pain Behaviour

Babies cannot tell you that they are in pain but there are certain signs that can alert the parents and caregivers to a problem:

- A sudden onset, shrill or persistent crying without a clear cause
- Comfort feeding (this provides temporary pain relief)
- The need to be held/rocked/soothed (including use of dummy) often
- Your baby lies or sits awkwardly
- Your baby doesn't move well - observe the movement of your baby's head, arms and hips; they won't want to move if it's painful to do so.
- Your baby prefers one side during feeding and sleeping
- Persistent clenching of one fist or flexion of an arm or leg

