

Helping Baby at Home

This guide is for parents of babies under 12 months. It gives safe, simple ways you can support your baby at home if they are experiencing common challenges. These ideas are not a replacement for medical care. Always call your pediatrician if you see warning signs or have concerns.

Torticollis (Head Tilt)

What it is: Your baby tilts their head to one side and may look the other way most of the time.

What you can do:

- Give your baby tummy time several times a day (start with a few minutes).
- Place toys or sit so your baby looks toward their non-preferred side.
- Carry your baby in ways that encourage turning their head in both directions.
- Do gentle stretches as taught by your provider.

When to call your doctor: If you see a lump in the neck muscle, your baby isn't improving after a few weeks, or they aren't meeting motor milestones.

Ear Infections (Otitis Media)

What it is: Infection or fluid buildup in the middle ear. Signs may include fussiness, pulling at the ear, or fever.

What you can do:

- Feed your baby upright (not flat on their back).
- Breastfeed if possible; it lowers infection risk.
- Keep your home smoke-free.
- If your baby uses a pacifier, try to limit use after 6 months.

When to call your doctor: If your baby has a high fever, ear drainage, repeated infections, or hearing/speech delays.

Constipation

What it is: Hard, dry stools or trouble passing bowel movements.

What you can do:

- Try gentle belly massage and bicycle leg movements.
- Offer a warm bath to help your baby relax.
- If your baby is eating solids, give high-fiber "P fruits" like prunes, pears, peaches, plums, peas.
- Make sure formula is mixed correctly; breastfed babies rarely get constipated.

When to call your doctor: If your baby didn't pass meconium in the first 2 days after birth, has blood in the stool, vomiting, very swollen belly, or ongoing constipation that doesn't improve.

Reflux (Spitting Up)

What it is: Stomach contents coming back up into the throat. Common in babies and usually improves with time.

What you can do:

- Feed smaller amounts more often.
- Burp your baby often during and after feeds.
- Keep baby upright 20–30 minutes after feeding.
- If breastfeeding, talk to your provider about trying a short dairy/soy-free diet if reflux is severe.

When to call your doctor: If your baby isn't gaining weight, vomits forcefully or green/bloody fluid, coughs or stops breathing with spit-up, or seems to be in pain every feed.

Colic (Excessive Crying)

What it is: Long episodes of crying in an otherwise healthy baby, often in the evening. Usually improves by 3–4 months.

What you can do:

- Try the "5 S's": Swaddle, Side/Stomach hold (for soothing only, not for sleep), Shush/white noise, Swing/rock, Suck (pacifier).
- Use tummy massage or bicycle legs to ease gas.
- Try carrying your baby in a sling or skin-to-skin.
- Some breastfed babies improve if mom avoids cow's milk.
- Probiotic drops (*Lactobacillus reuteri*) may help in breastfed infants—ask your doctor.

When to call your doctor: If your baby has fever, poor weight gain, vomiting with blood or bile, bloody stools, or seems very unwell.

Final Notes for Parents

These strategies are safe and gentle ways to support your baby's comfort at home.

Every baby is different—what works for one may not work for another.

Red flags (poor growth, high fever, blood in vomit/stool, lethargy, breathing trouble) always need medical care.

Your chiropractor, pediatrician, or other provider can help guide you and your baby through these challenges.