eden park pediatric associates

CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

Fussy/Crying/Spitting Assessment Log

*Call for a "today" appointment if your baby stops breathing briefly when awake or struggles to breathe when spitting.
*Call 911 if your baby turns blue or purple, stops breathing or requires CPR.

Please keep this log for the week before your appointment.
Place a checkmark or use Key codes in any column that applies during a fussy or spitting episode

Date	Time of feeding, fussy episode or spitting episode	Spit-up - Vomit Amount **Key:** N = none 1 = less than 1 tablespoon 2 = 1 T to 2 oz 3 = more than 2 oz 4 = more than half of feeding	Baby's Comfort Level **Key:** C = comfortable, not fussy U = uncomfortable, fussing P = appears to be in pain; high shrill cry	Arching Back	Crying during the feeding or within 1 hour of feeding	Baby refuses the feeding, but hungry	Baby stops eating soon after starting, but hungry	Crying or Fussy Episode **Key:** N = none 1 = less than 10 mins 2 = 10 mins to 1 hour 3 = 1-3 hours 4 = more than 3 hours

Adapted with permission – Susam Orenstein MD