Some signs of a distressed baby – talk to your pediatrician or medical provider first as some of these are very normal in small babies for shorter periods of time. Usually concerns happen when these are extreme reactions, last for a long time, and don’t resolve. Poor weight gain or trouble eating or breathing are always something to talk to a doctor about.

* High-pitched cry / crankiness
* Shaking / jitters
* Trouble sleeping
* Stuffy nose / sneezing
* Yawning too often
* Difficulty feeding due to problems sucking
* Stiff arms, legs and back
* Too floppy in body, arms, and legs
* Vomiting / diarrhea – spitting up more than a typical baby
* Can’t suck well – pulls away from nipple, leaks a great amount of breast milk or formula, can’t stay latched or keep the nipple in their mouth
* Poor weight gain
* Fast breathing
* Hiccups often
* Not making good eye contact or gazing at your face, turning their face away too often