

# → BABY COLIC



## WHAT IS COLIC?

Colic is when your baby cries a lot or is irritable with no obvious cause. The episodes usually start suddenly and happen repeatedly. Colic usually happens in the late afternoon or during the night. It can last a few minutes or several hours. It can happen from age 2 weeks and disappears at around age 4 months. Colic is quite common and affects one in five babies.

## WHAT CAUSES COLIC?

We don't know the specific cause. Various theories include hypersensitivity to certain stimuli, normal digestive issues related to your baby's age and changes in gut bacteria, among others.

## HOW DO I KNOW IT'S COLIC?

Colic usually starts suddenly. For example, your baby was fine but starts to cry intensely and may even scream, turn red, bend and stretch their legs and arch their back. Their abdomen turns hard and they may pass wind. They may seem hungry but don't calm down when you feed them.

It looks serious, but it is normal. Your baby's intestines are developing and it usually passes when your baby is almost 4 months old. Colic is not an illness.

## ARE THERE ANY TREATMENTS FOR COLIC?



There is insufficient scientific evidence that medication, digestive teas, homeopathy or osteopathy work. These remedies may even be harmful or cause poisoning in some cases.

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## WHAT CAN I DO?

There is no universal solution, but the following advice might help:

- Try to establish daily habits or routines and avoid over-stimulation.
- Take your baby for a walk; rock, carry or sway them; give them a warm bath or a gentle belly massage; bend and stretch their legs to help them pass wind; carry them face down over your forearm; or latch them onto the breast/ give them a dummy once breastfeeding has been established.
- If your baby eats greedily they may swallow a lot of air. After a feed, hold them in a vertical position, across your forearm or face down and massage their back and belly gently to burp them.
- If breastfeeding, let your baby fully empty one breast before giving them the other.

Colic can be a source of doubt, anxiety and worry. Try to see it as a temporary process. Ask others to help look after your baby so you can rest and remain calm.

## BENEFICIAL EXERCISES



- Walk with the baby face down resting on the forearm.



- After feeding, hold the baby in an upright position.



- Massage the baby's back.