

# Crying/ Colic

## Hints for soothing your baby

Colic is the name for sudden, intense crying spells that occur in normal, healthy babies. The cause of colic is unknown, but babies with colic may cry in response to abdominal pain possibly resulting from gas, under-developed digestive systems, or food allergies. If your baby is not hungry, wet, or sick, but she is crying hard—possibly with her legs pulled toward her chest, hands clenched, and stomach tight—she may have colic. Once your healthcare professional has ruled out other possible causes, there are ways you can comfort your baby.

*Colic does not cause any health problems for the baby, but it can be stressful for parents. If you feel like you may shake or hurt your baby, seek help immediately.*



## What to do:

- Rock or hold your baby in a position that makes him feel better. This may be over the shoulder, over the knees, or cradled in your arms face down. Although you may hold your baby face down to soothe him when he has colic, it is recommended he be placed on his back when put to bed. Holding your baby for extended periods will not spoil him.
- Swaddle your baby by wrapping her in a receiving blanket.
- Take your baby for a ride in the car. The gentle, constant motion can help him relax.
- Place a warm water bottle wrapped in a soft cloth next to your baby's stomach.
- Burp your baby during feedings.
- If you are breastfeeding, you may notice increased colic when you eat certain foods. If so, you may want to avoid these foods.
- Allow your baby to finish feeding on one breast before offering the other breast. Some babies want to “cluster feed” at a certain time of day.
- If you feed your baby formula, work with a healthcare professional to determine the best plan for your baby.

**Remember: Colic usually passes by age 3 to 4 months.**

This information is not meant to replace advice of a healthcare professional. If you have any questions, please contact your healthcare professional.