



COLIC AND YOUR BABY!



Colic makes babies cry loudly, and no wonder. It causes severe abdominal pain or cramping. The baby is in pain. Your colicky baby's face will also be red, he may emit gas, his fists may be clenched, and his legs pulled up to his tummy.

Colic can occur as early as the second week. More frequent in the evening, it can last from a few minutes to several hours, often going away by the third or fourth month.

Its causes may vary, from rapid feeding, overeating, dietary supplements, swallowing a lot of air, tension between the parents and the baby, to allergies. Most colicky babies are otherwise healthy.

What can you do when your baby has colic?

- Burp your baby.
- Stay calm, try to console your baby and respond quickly to his cries.
- Make sure that your baby is not hungry.
- Loosen his diaper and clothing.
- Speak softly, play soft music, and hold the baby against you, stomach to stomach.
- Wrap your baby in a blanket, hold him in your arms or use a front baby carrier, and walk through the house.
- Carry the baby tummy down on your arm, one hand under his belly and head resting on your forearm.
- Try to breastfeed.
- Lie on your back, place your baby face down on your abdomen, or directly on the bed, and gently rub his back.
- Apply dry heat to your baby's tummy with a cloth that has been heated in the dryer (be careful not to burn your baby).
- Gently rub your baby's tummy clockwise.
- Take your baby out in the car or the stroller.
- Rock your baby in a rocking chair.
- Sit down, lay your baby across your lap, and gently rub his back while slowly lifting and lowering your heels.

If nothing reduces the crying, seek assistance. Find someone to replace you and get out for a few minutes to relax.



**Remember:
NEVER, EVER
SHAKE YOUR
BABY!**

Always remember:

- Crying is your baby's form of communication. He is telling you that he is in pain.
- Feed your baby slowly in a calm environment, without moving him around during the feeding.
- Burp your baby frequently during the feeding.
- Exercise your baby several times a day by making pedaling movements with his legs.
- Provide a smoke-free environment.
- Arrange for some free time and talk to someone about your feelings.
- Colic does not indicate poor parenting.
- Notify the doctor when colic persists.



For more information, please contact the Eastern Ontario Health Unit at 933-1375 or at 1 800 267-7120, and ask for Health Line. Visit our Web site at www.eohu-bseo.on.ca.

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