

Colic

What is colic?

- Unexplained crying for 3 or more hours a day.
- Excessive crying.
- Usually begins suddenly and for no clear reason.
- Difficult to comfort.
- Usually goes away as your baby gets older than 3 months of age.



How to comfort your baby during colic?

- Hold and soothe your baby.
- Provide gentle rocking motion in a rocking chair, cradle, or by slow dancing with your baby.
- Place your baby in a swing or vibrating chair.
- Give your baby a warm bath.
- Take your baby for a ride in a stroller or car.
- Feed your baby if it has been more than 2 hours since the last feeding.
- If you have held your crying baby for more than 30 minutes, put him on his back to sleep.

Remember that colic is normal in a lot of babies and is simply part of their personality. It has nothing to do with your parenting or any illness.

It is important to remain calm and NEVER shake your baby.