

COLIC

1. **Definition:** Colic can be defined as an excessive amount of fussing and crying in an otherwise healthy and well-fed baby. About 10% of children have colic, and it has been seen in children from the beginning of time. It usually starts within the first three to four weeks of life and disappears by the third month. Treatment just makes the baby easier to live with, but it probably doesn't make the colic go away at an earlier age. No one knows for sure what causes colic; it is probably related to your baby's special temperament and determination. Remember that babies normally cry about 2 ½ hours per day.
2. **Treatment:** There are several things that you can do to help the crying. Different things work for different babies.
 - a. Never allow the child to sleep for over three hours straight during the day. If he/she is going to cry it might as well be during the daytime. This will help you to keep down the amount of nighttime crying.
 - b. Try to help the baby get to sleep with a pacifier, rocking chair, extra snuggling and cuddling, a wind-up swing, buggy ride, warm water bottle against the stomach, music, etc. Try anything that you think might work. Take the baby for a ride in the car. Place the infant in a chair with motion.
 - c. If none of these measures quiet the baby and he/she has been fed in the last 2-½ hours, by all means let the baby cry himself to sleep. On some days, this is the only answer to a fussy baby. Close the door, go in a different room, turn up the radio and do something to occupy your mind. Even consider earplugs. Save your strength for when your baby really needs you. In addition, take some catnaps yourself during the day in case the night goes badly.
 - d. Dr. Harvey Karp (see website) talks about the five S's- swaddling, side/stomach position in your arms, shhing noise, swinging and sucking.
 - e. Remember-special bottle, formulas or medicines do not cure colic.
3. Internet Resource- www.thehappiestbaby.com
4. **Call our office during regular hours if:**
 - a. The baby seems to be in pain.
 - b. Cries constantly for over two hours despite attempts to console baby.
 - c. The baby is over three month old.
 - d. The crying began after one month of age.
 - e. You are exhausted.
 - f. The baby has a fever (see fever for specific guidelines).
 - g. There is blood in the stool.
5. **Call our office urgently if:**
 - a. You feel you might lose control with such a baby.
 - b. Or, for any other symptoms that concerns you.