



## COLIC

### SUGGESTED COLIC REMEDIES

The following suggestions may prove helpful in managing colic symptoms in your infant. There are, however, no cures except time. Keep in mind that colic usually disappears by approximately 3 months of age. Also, please remember that colic can occasionally be a symptom of a significant illness. **If your infant seems worse or different from his usual state, we may need to see the infant to evaluate him further.**

- I. Decrease the intake of milk or milk products in your diet if you are breast feeding your baby. Trial use of soy formula may be recommended if your baby is bottlefed.
- II. Borrow or buy a "snuggli"(front carrier). The combination of swaddling, body contact and gentle motion it provides puts many fussy babies right to sleep.
- III. Take the baby for car rides. For some reason colicky infants seem to respond to vibrating motors. The same effect can be achieved by placing the baby ON TOP of a running dishwasher, washing machine or dryer, or by simply letting the vacuum cleaner run. Please do not leave your baby alone.
- IV. Walk the baby face down, placing the baby's body across your arm with your hand under the abdomen to apply gentle pressure.
- V. Try a wind-up swing, preferably one that runs 20 minutes before rewinding is required. This can sometimes allow you to get through dinner.
- VI. Take the baby outside. Many infants' moods change dramatically once they are in new surroundings, especially outdoors.
- VII. Lay the baby face down on a hot water bottle covered with a soft, textured cloth when the baby seems to be having abdominal cramps.
- VIII. Don't hesitate to introduce a pacifier. The sucking often helps.

- IX. Swaddle the infant tightly with a soft, stretchy blanket. This is especially effective with hypersensitive infants who are startled by their own jerky movements.
- X. Buy and play a record of a mother's heartbeat as heard in the womb.
- XI. Rub the baby's tummy; experiment with massage techniques.
- XII. Probiotics can be useful in some cases. Please discuss with your pediatrician.
  - A. Call your doctor:
    - 1. If you see blood in the stool
    - 2. Symptoms do not resolve by 4 months of age.
    - 3. If your baby continues to vomit.
    - 4. Or if you have any other concerns.