

Colic and Crying

Colic is the term used when babies cry for long periods time and are very hard to settle. Colic can happen at any time, but it is more common in babies 2 weeks to 4 months of age. It is very common for babies to be unsettled in the afternoon and evening and your usual settling techniques may not always help. Babies with colic may wriggle, draw their legs up, go red in the face and look like they are in pain, but this crying is not caused by pain.

Causes of Colic

- Your baby is adapting to new experiences both inside and outside of their body
- Some babies can be more sensitive than others and may need more soothing
- There is a lot of growth, physical and emotional development occurring in the first few months of your baby's life
- Some babies may be more sensitive to the sensations of digestion
- Some babies may have wind in their stomach or bowel
- Some babies might have a dirty nappy, feel hot, cold, hungry, or tired
- Crying is communication and a normal part of development
- If you think there is a medical reason for your baby's crying, then see your Doctor

Strategies to help you at home

- Try and stay calm so your baby is not feeding off your distress
- Offer your baby a dummy as babies often want to suck to sooth themselves
- Give your baby a warm bath
- Play some white noise or relaxing music
- Swaddle your baby and hold in an upright position next to your chest
- Give your baby a massage
- Talk to your baby in a calm voice and make shooshing sounds
- Cuddle and rock your baby
- Put your baby in the pram and go for a walk
- Give your baby a short amount of tummy time or do bicycle legs if you think it is wind
- Get a family member to come over for support
- If you are breast feeding, try a probiotic with Lactobacillus Reuteri which may help your baby's gut health



Support & Self Care

- Ask your partner and family for support
- Ask family to mind your baby while you catch up on some sleep
- Have a daytime sleep or rest
- Take a bath
- Spend some time by yourself, even if you leave the house for 10 minutes to go for a walk
- Try some breathing techniques or meditation
- Talk with other parents about what helped them



When to see your Doctor

- If you have ongoing concerns about your baby's crying
- If your baby continues to be unsettled most of the day and night
- If your baby has green frothy or blood in the stools
- If your baby is pale and has no energy
- If your baby is not feeding
- If your baby has a high temperature
- If you feel like you are not coping
- If you feel like your relationship is being affected

