

HOW TO HELP MY FUSSY BABY



WHAT IS COLIC?

Colic occurs in healthy, well-fed infants who cry for greater than 3 hours per day, 3 days per week and for greater than 3 weeks in duration. It begins during the 2nd week of life, peaks at 6 weeks and resolves between 12 and 16 week. It is equally common in both breast- and bottle fed infants. Those with colic cry excessively, are more difficult to console, have disrupted sleep and are the source of parental anxiety.

These periods of crankiness may feel like torture! They cry inconsolable, often screaming, extending or pulling up their legs and passing gas. Their stomachs may be enlarged or distended with gas. The crying spells can occur around the clock, although they often become worse in the early evening.

Unfortunately, there is no definite explanation for why this happens. It has been said that colic means that the baby is unusually sensitive to stimulation or cannot “self-console” or regulate his nervous system (immature nervous system).

Good news for you MOM and DAD! I offer strategies to help with co-regulation and colic!

SUGGESTIONS:

- Consult your pediatrician—make sure the crying is not related to a serious medical condition
- Tummy time on chest or over lap while gently rubbing her back.
- Infant Massage (specific techniques for gas/colic are provided thru **Valpo Therapy Kids**)
- If nursing, try to eliminate milk products and irritating foods from your own diet
- If formula feeding, talk with pediatrician about a protein hydrolysate formula
- Do not overfeed baby
- Walk your baby in a baby carrier
- Rock her and/or use white noise
- Introduce a pacifier
- Warm Bath
- Swaddling