

# Colic



## A Few Remedies

Some colicky babies are sensitive to milk protein and may improve when they switch from a dairy based formula to a non-dairy based formula. Breast feeding mothers should try to stop eating and drinking dairy products.

Breastfeeding mothers should also avoid gassy foods such as beans, broccoli, bran, onions, garlic, cabbage, and caffeine.

If bottle feeding, make sure that the nipple is not too large (the baby will eat too fast) or too small (the baby will gulp air). Bottles that prevent too much air in the stomach included Dr. Brown and Avent brand bottles

Burp the baby every 3-5 minutes during feedings or between breasts.

Laying the baby tummy down across your knees and gently rubbing the baby's back may help. Gentle pressure against a baby's abdomen may help expel gas and relieve discomfort.

Temporary relief may be obtained with herbal teas such as chamomile or fennel, which help absorb air in the stomach.

Simethicone (Mylicon, Little Tummies) drops are available in drug stores. They also help to reduce intestinal gas. Some doctors may prescribe Levsin

drops which help to block the gastrocolic reflux when given prior to the usual time colic episodes begin.

Other remedies that might help include white noise items such as: a box fan, dryer noise, a sound machine or music. It also helps to establish a routine such a warm bath every evening.

Babies with colic will cry whether or not they are held so it is all right to put them down in a crib or swing. They will not be harmed by spending a short period of time alone in a safe place, especially if the parent or caregiver needs a break. If the baby's crying becomes too much, giving the baby to someone else for a short period of time may help both the caregiver and the baby.

Above all else, remember... colic is temporary, babies eventually outgrow it.

Pediatric Care, P.C.  
27790 W Highway 22, Suite 7  
Barrington, Illinois 60010  
847-382-7337

*RD, RN 2006*

Colic is defined as long episodes (3 or more hours in a row) of intense, loud, inconsolable crying. The crying can occur anytime, especially during evening hours beginning at 2-3 weeks of age and may continue until the baby is 4 months or older. 20-25 % of infants have colic; 10% of those babies will have colic all day long. Colic symptoms will subside as the baby matures, often by the end of 3 months of age. Pediatricians believe that most colic cases are the result of an exaggerated gastrocolic reflux. The spasms caused by the reflex are very painful. Babies with colic are healthy and continue to gain weight. The best thing that parents can do to help is to remain calm.