

Is my baby colicky & what do I do?

Do you have a fussy, sick, or colicky baby? Here is how you help them.

Got an infant who cries for hours and resists your every effort to soothe those tears? Read on for the signs of colic, the causes, and remedies to get you through.

SIGNS OF COLIC

- Prolonged ear-shattering wails
- Clinched fists
- Flailing legs
- Unhappy red face
- Difficult to comfort
- Repeating daily at around the same time

SOME POSSIBLE CAUSES

- Overstimulation
- Immature digestive system
- Infant acid reflux
- Food allergies or sensitivity
- Tobacco Exposure

REMEDIES TO TRY

- Respond quickly, this helps them feel less like their needs will be ignored.
- Limit, visitors, noises, and new environments to avoid over stimulation.
- Create calm, dim the lights, speak, or sing softly, keep other distractions at a minimum.
- Try burping your baby or giving them a clockwise gentle stomach massage.
- Talk to your provider about anti-gas drops or switching formulas.
- Try close cuddles and swaddling to help them feel safe and protected.
- Try white noise or soothing music.
- Get in motion, placing them on their stomach along your arm, like a sloth sleeping on a branch, hold them close and gently sway back and forth.



If colic continues speak to your provider to rule out other reasons for them discomfort.

FOLLOW THE RULE OF 3'S:

At least **3 hours a day**, at least **3 days a week**, and at least **3 weeks in a row**.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.