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COLIC

What is colic?

- Colic occurs in healthy babies, usually from 2 weeks up to 4 months of age. Your baby may have prolonged periods of unexplained crying at least 3 days per week, usually in the afternoon or evening, for 2-3 hours or more at a time.
- About 10% of babies have colic. No one knows exactly what causes it, and the baby is fine in between bouts of crying.
- Colic is NOT caused by hunger, excess gas, or pain.
- Your baby may be very difficult to console, pass gas, draw up his legs to the stomach, or have a stomach that feels very hard.

What can I do for my colicky baby?

There is no definitive treatment for a baby with colic, but some of the following suggestions may help to calm your baby.

- Cuddle and rock your baby when he cries. A baby cannot be spoiled in the first few months of life. You can try holding your child in a rocking chair, placing him in a carrier or sling, a swing, a vibrating chair, or a stroller
- A pacifier, a warm bath, or a gentle massage may provide comfort to your baby
- Do not overfeed your baby or feed him only because he is crying. Feed slowly and burp often. If you are breastfeeding, limit caffeine (coffee, tea, soda)
- Try to prevent your baby from sleeping a lot during the daytime
- When your baby is calming down and drowsy, place him in his crib and let him learn to fall asleep by himself. This will help prevent sleeping problems later on.
- Get help for yourself. This includes getting enough rest, taking breaks even if you need to leave your baby crying in the crib briefly, having another family member help to care for the baby.
- Medication has not been proven to be helpful for most cases of colic.

Call our office for any of the following:

- Crying that seems to be painful, not simply fussy
- Any temperature of 100.4 or higher
- Crying lasting more than 3 hours straight
- Vomiting, poor feeding, diarrhea, or constipation
- You feel tired, angry, or are afraid you might hurt your baby.

For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.