

Colic

All new babies cry to let you know they are hungry, frightened, lonely or uncomfortable. Colic is when a healthy baby cries more than expected, three hours a day, three days per week or more, for more than three weeks. Nothing you do seems to comfort your baby. Colic can begin as early as 2 weeks old and usually is finished by age 3 months.

Key signs of colic

- **Crying around the same time every day.** Usually in the late afternoon or evening.
- **Loud and inconsolable crying.**
- **Tension in baby's body.** Your baby may curl her legs up to her stomach or clench her fists.

Unfortunately, the cause of colic is not known for sure, and it can be very distressing for both you and your baby. Here are some things you can do to help treat the symptoms:

- Burp your child well after feeding.
- Walk with and rock your child gently.
- Play soothing music.
- Swaddle your baby in a large, thin blanket.

If you suspect your baby has colic, contact your doctor about your baby's crying. It is especially important to call your doctor if you notice changes in your baby's eating, sleeping, or behavior along with the long periods of crying.

It is also important that you take care of yourself while caring for your colicky baby. If you need a break, ask a family member or a trusted friend to help you.

