

Colic

What is colic?

Colic is a word used to describe healthy babies who cry a lot and are hard to comfort. No one knows for sure what causes colic. Babies with colic gain weight and develop normally.

How can I tell if my baby has colic?

Colic usually starts when a baby is 2 to 4 weeks old. It peaks at six weeks of life. It then starts to get better around 8 weeks of life. It is usually resolved by 3 to 4 months of life, but can last until 6 months.

The crying of colic is intense, sometimes up to 3 to 5 hours per day. Between crying episodes, babies act normal. The crying is often predictable, often at the same time each day. It usually occurs in the late afternoon or evening. When crying, babies often pass gas, pull their legs up, or stretch their legs out.

What your baby may need

Check to see if your baby is ...

- **Hungry.** Look for early signs of hunger, like lip smacking or moving fists to the mouth.
- **Cold or hot.** Dressing your baby is about the same layers of clothing that you are wearing to be comfortable.
- **Wet or soiled.** Check the diaper.
- **Sick.** Check your baby's temperature. If your baby is less than 2 months of age and has a rectal temperature greater than 100.4 degrees F, call your

Ways to calm a fussy or colicky baby.

Swaddle your baby in a large, thin blanket to help her feel secure.

Hold your baby in your arms and place her body either on her left side or on her stomach. Gently rub her back.

Turn on a calming sound. Sounds that remind babies of being inside the womb may be calming, such as a white noise device, the humming sound of a fan or the recording of a heartbeat.

Walk you baby in a body carrier or rick her. Calming motions remind babies of movements they felt in the womb.

Avoid overfeeding your baby. Try to wait at least 2 to 2 ½ hours from the beginning of one feeding to the beginning of the next.

