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Colicky Baby: What You Can Do To Help

By Opal Victoria

Colic is a puzzlement, which has not been worked out as yet. No one in fact is familiar with what generates it, and there is no "single size fits every one" treatment for it also. The meaning of all this is that if your baby is colicky, the absence of belief in relation to what is incorrect and how to rectify it can make you go mad!

The positive information is that the baby's wailing does sooner or later come to an end, and also the colic stops in due course. But having a wailing baby is hard to deal with at the finest of times, and whilst you are by now exhausted and perhaps a little stressed out from a demanding day, it is extremely tough without a doubt.

Given below are a few points that several parents have discovered to be of use in either making a colicky baby sleep, or at the most it is of use in lessening the intensity of wailing.

1. Take your baby for a walk. Both clasping your baby either above alongside your shoulder and resting on your chest are proper stances. To a certain extent crying over and over again leads to formation of gas, so if not anything besides you might assist in releasing the gas and as a result decrease a little of your baby's uneasiness. For especially infantile babies, the thud of your heart thumping is frequently to a certain extent comforting, and can assist in relaxing them.
2. Rocking – It does not amount to what you make use of, whether it is a rocking chair on which you sit jointly, or gently sway your baby's cradle, or thump your baby's bouncer seat. The periodic movement is good for comforting a colicky baby. Yet again, clasping baby next to your chest whilst you sway to and fro in a chair assists as baby can listen to your heart beating.
3. Music – Babies are keen on music, so begin singing, or you can also switch on a TV or radio. Music time and again comforts a wailing baby, above all lullabies. A few babies illustrate a noticeable fondness for a certain melodic manner, and although it does not make them go off to sleep, it might aid to divert them sufficiently to discontinue with wailing.

4. Sucking – This technique functioned extremely fine with my daughter – she sought after to suck something. Initially I considered that she was famished, and so attempted to feed her a little extra, but my motherly health nurse believed that it might in fact possibly make things bad. As a result she recommended a pacifier. My daughter on no account would suck on a pacifier on any other time, however in the evenings while she suffered from colic, she in fact looked as if she was feeling well again when she started to suck on the pacifier. As soon as she stopped suffering from colic, she did not want it any more. I suppose by that time she was hooked on to her thumb as well!

Probably out of every one of these tips, you will come across 1 or 2 that will facilitate to either make your baby sleep or comfort your baby. And keep in mind – colic goes away in due course. Be certain that you continue to inform your health care practitioner in relation to the colic, as if it continues to go on for an excessively long time, then it might be essential to make sure of additional causes.

Opal Victoria is a day care business owner and mother. See more of her articles at

<http://www.hugababy.info>

Dealing With Colic Without Losing Your Mind

By Sarah Veda

For a brand new mommy, or even a seasoned one, dealing with a colicky baby can be overwhelming. The constant crying is heartbreaking and nerve wracking, and leaves you with a sense of helplessness. But don't lose heart; the only good thing I can tell you about colic is that it's temporary. Here are a few ideas to keep you going.

First - Be sure it's really colic. If you haven't had the little one checked out by a doctor, do so. Sometimes what's written off as colic is really a milk allergy or some other true gastric disorder, like acid reflux. If the baby is on formula, you should ask if making a change in brand might help.

Secondly, get help! If you have to deal with the colicky symptoms all by yourself every day, you're bound to go nuts. Swap off with your spouse, another family member or a friend. My daughter had colic for the two longest weeks of my life, and it began every evening around 5:00pm. My husband and I took turns making dinner and eating with our other children while the other took care of the baby. It kept each of us somewhat sane to have a normal evening every other night, plus our other children didn't feel so neglected.

Next, try some of those tricks everybody tells you about. A lot of them really do work! Take the baby for a drive (this worked wonders with my daughter). Vacuum, play music or sit with the baby on the washing machine during the spin cycle! Try to take the baby's mind off her misery. For some babies a warm bath and a rock in the rocking chair is helpful. I don't personally recommend the "crying it out" method for colic. Your baby is truly in pain and needs comfort during this time, and letting her cry for a long time will probably only escalate the situation. Mylicon Drops, an over the counter gas medication, might relieve symptoms on some babies. It's perfectly safe, so it's definitely worth a try. Otherwise, don't medicate unless it's something your doctor has told you to use. I've heard of moms giving the

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baby something to make them sleep. This is terribly unsafe.

Finally, if the colicky symptoms haven't subsided within a few weeks, make a return trip to the doctor, just to be sure nothing has changed. Colic is a temporary condition, so just bear with it and look forward to better times.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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