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**How To Deal With A Baby That Has Colic**

**By Tina Barraclough**

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Colic is still a mystery to Doctors. They still do not know what cause colic in babies. They will tell you that there is no known cure for colic. I have always heard of colic, and heard from mothers that have dealt with this problem. I have never had to deal with a colicky baby, until my fourth child Nicholas was born. Colic is hard not just for the mother, it is hard on the whole family.

There is no tried and true method to dealing with a baby who has colic. A crying baby is the hardest thing a parent has to deal with. The crying will stop eventually. There are some things that you can do to help with these crying spells your baby is going through. Here are some things you can try that I have found that works with my son Nicholas.

- 1) Try walking with your baby. This can be tiresome ,but it may be the only thing that works for your baby. Hold your baby with his/her tummy against your tummy. My son tends to have gas while he is screaming, and I have found that this helps with his gas, as well as his crying. Sometimes he even stops crying for a little while.
- 2) Push your baby in a stroller. Sometimes this helps with my son. Take a short walk and see if it helps your baby to stop crying. It may not work, but it's worth a try anyway.
- 3) Rock your baby. I have a rocking chair my baby's bedroom, and when I rock him he stops crying and most of the time falls asleep. I think it is the closeness he feels when I rock him.
- 4) Put your baby in his/her car seat and take a drive somewhere. I have done this many times. This option may not be an option if you do not have a car, or it could become a habit. Look at it this way; which would you rather do; hear a screaming baby, or drive for awhile?
- 5)I have not tried this and do not recommend this unless the baby is supervised by an adult. Many mothers I have talked to say this worked for them. Place your child in his/her car seat on top of the

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dishwasher or washing machine and turn it on for a cycle or two.

6) Try singing to your child, or turning a radio or a tv on to music. It may or may not stop your baby from crying, but it could calm him/her down a little bit. My son calms down when I put country music on.

7) Have your spouse take the baby for awhile. If you are the only person your baby will let hold him/her, try to away for a little while. Have a friend or relative help by watching your child for you.

Make sure you get some sleep whenever possible. I often have my sister come to my house and watch my kids while I take a nap. This way you won't be so tired when dealing with a screaming baby all night. My husband also takes the baby when he does not have to go to work. It helps when you are not so tired.

Remember the crying will not last forever. Even if nothing works for you, there is an end insight . Before you know it all the crying that your baby has done will be replaced with smiling, gurgling, and he/she will be a happy baby. My son is now 3 months old and he is not crying as much as he did two weeks ago.

If you feel you could use some support in dealing with your colicky baby. here is an online support group for parents, family & friends of colicky babies.

[COLICNET.COM](http://COLICNET.COM)

Tina Barraclough is a stay at home mom and owner of

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her website for Business Opportunities, free e-books,Business Articles,etc.

### **Just What Is Colic - And Does My Baby Have It**

**By Sarah Veda**

There are few things more nerve wracking than a crying baby, particularly when nothing you do seems to console him. But, how do you know when your baby's symptoms have are just crying and when he has colic? And, just what is colic, anyway?

No one knows exactly what causes colic, though many old wives tales abound. Lots of older women will tell you that it is caused by parental inexperience, but colic does not occur more often in first children than in subsequent children, so they One thing that seems clear is that most babies who are experiencing colic have a stomach ache. Many are gassy, though a baby won't cry so inconsolably every time he has gas, so it is clearly gas plus something, though just what is not clear.

Though we don't know what colic really is, it is hard to miss when your child is experiencing it. The

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inconsolable crying usually begins in the late afternoon or early evening and often lasts until the baby finally falls asleep for the night, exhausted. Colic typically begins between two and three weeks of age, and is over its worst by twelve to sixteen weeks, though there are babies who start later and end later. My daughter started at twelve weeks, but thankfully her bout of colic was over in two weeks. A colicky baby will typically draw his knees up to his chest, clench his fists and scream. He may act like he wants the breast or bottle, but reject it as soon as you it's in his mouth. You will get the sense that your child is frantic, and needs something very badly, but doesn't know what.

If you believe your baby has colic, it is still wise to take him to a doctor. There is no cure for colic, but you should rule out other causes, such as an allergy to formula or some other gastric disorder. Once your doctor has proclaimed the baby healthy, you can chalk it up to colic.

Once you know that your baby has colic, though there is no cure, there are some remedies you can try. Simethicone drops, which are available over the counter as a gas medication for babies, helps in some cases. In addition, there are numerous tricks you can try such as taking a drive in the car or running the vacuum cleaner that will work for some babies some of the time. But, overall, colic is just a waiting game. Keep the baby (and yourself) as calm as possible and look forward to the day when it will be over.

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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