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Weathering Colic for New Parents

By Jason Rickard

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A common problem many times facing parents is Colic. Estimates say that between 15–25% of infants are born with Colic. Although it is not believed to effect a baby's development it is still a struggle for parents to cope with. Babies with colic most often cry for several hours at a time with diaper changes and feedings having no effect.

Some of the symptoms that your little one may have colic are (but not limited to) as follows:

- 1.) A high pitched cry that does not let up in intensity, sometimes for hours at a time
- 2.) Pulls their legs towards their chest or holds them straight out
- 3.) Face becoming flush and warm while legs feel cooler
- 4.) Held breathes
- 5.) Painful facial expressions

Unlike many other childhood ailments, there is no one specific reason a baby may have colic. There are several factors however that may exasperate colic.

They include:

- 1.) Lack of Burping
- 2.) Food Allergies
- 3.) Swallowing Air

4.) Overfeeding or Eating too fast

5.) A tense home environment

The good news is that the symptoms usually disappear at about the 4 month mark. In the meantime here are some tips on minimizing those symptoms.

1.) After each ounce or few minutes of formula, burp them.

2.) Do not feed them while they are lying down

3.) Go for a ride in the car or try a gentle rocking while walking.

4.) Play white noise for them. There are many options in white noise now including lullabies playing in the forefront. Constant noise like Vacuum Cleaners and Fans are also very helpful in some cases and can be purchased on CD to avoid drafts or other issues. These can be purchased from the author of this article at

5.) A warm bath with a few drops of chamomile essential oil to the water to help them to relax further.

6.) Change to a low-allergy formula or switch to a soy based one.

7.) If you are breast feeding, avoid tea and coffee

Above all you should always consult your physician to discuss the different symptoms. You should always be aware that the symptoms listed above may also be indications of ear infections, allergies, etc. so it is important to discuss everything candidly with your pediatrician.

Jason Rickard is the owner of

– European Reseller of White Noise and

Relaxation CDs *Article may be reprinted provided it is not altered and links are live.*

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

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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 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

now and get her incredible baby minicourse - absolutely free.

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