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Your Baby's Colic

By Karen Zastudil

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Many parents become frustrated when their newborn develop colic. The continuous screaming every night for hours on end, can't help but be disturbing. New mothers often feel they must be doing something wrong or worse yet that there is something wrong with their baby.

Most new mothers are not aware that almost all babies develop a fussy period and the actuality of colic is present in one form or another. Colic is not an illness or a physical disorder. Doctors define colic as 3 or more hours a day of continued crying. The baby's persistent crying is generally not due to any obvious signs such as: hunger, wet diaper, or gas, and in many cases, the child cannot be comforted or soothed. There is good news though, colic generally does not last beyond the first three months!

Several studies that involved more than 12,000 babies have indicated that mothers who smoke during pregnancy face almost twice the risk of having a baby with colic. Exposure to second hand smoke also appears to increase the risk for colic.

Parents dealing with a colicky baby need to be observant and patient. Experimenting may be required to find ways to comfort your baby. Holding your baby is notably the most effective way to calm him.

Interestingly, one doctor commented that "the more hours they are held, even early in the day when they are not fussy, the less time they will be fussy in the evening." Holding your new baby does not spoil your child! Swinging, rocking or singing lullabies can also be effective.

Over the years, there have been many stories about foods breastfeeding mothers should avoid. What do the facts show? Breastfeeding mothers who eat gas producing food DO NOT induce gas or crying in their babies. The gas mothers may get from gas producing food comes from the undigested part that remains in their intestines. The portion that enters the blood stream and then makes its way to the breastmilk is not the part that produces the gas in the first place. It was mentioned that a single glass of wine in the evening may be good for both mom and baby. Foods that should be avoided would include caffeinated beverages, chocolate, nuts and possibly some dairy products or spices. Caring for a colicky baby can be exhausting for the already worn out mom. Colic is no-ones fault, so

don't burden yourself with extra stress and guilt. Do your best to relax and remember that your baby will outgrow it.

If you are ever unsure whether your baby's crying is colic or a symptom of another illness, check with your pediatrician, by all means!

Karen is a graduate of Cleveland State University and is a freelance writer. Visit her website at <http://www.womenatthesummit.com> – A site of general interest to women. Topics include: Pregnancy, Children, Parenting, Health and wellness, Diet and Fitness, Relationships, Money, Travel and more.

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 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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