

## Fast Facts

### Colic

- Frequent, prolonged and intense crying episodes
- Seems to happen for no apparent reason and no amount of consoling seems to comfort them
- Considered colic when infant cries for three or more hours a day, three or more days a week, for three or more weeks
  - Episodes occur more often during the evenings
- Usually starts at about 4 weeks old and decreases when 3 to 4 months old
  - Cause unknown
- No correlation found between colic and gender of child, preterm versus full-term pregnancy and formula-fed versus breastfed
  - Doesn't cause any short-term or long-term health problems for the infant
    - Very stressful for parents
- Shown to be related to increases in postpartum depression, early cessation of breastfeeding, feeling guilty/exhausted/helpless/angry and shaken baby syndrome

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Inconsolable crying</li> <li>-Crying that seems like screaming or that the infant is in pain</li> <li>-Facial discoloration</li> <li>-Body tension</li> <li>-Extremely fussy, even when they're not having a crying episode</li> </ul>	<p><i>Soothe Infant:</i></p> <ul style="list-style-type: none"> <li>-Use a pacifier</li> <li>-Go for a ride in the car or stroller</li> <li>-Walk around with them</li> <li>-Rock them</li> <li>-Give them a warm bath</li> <li>-Rub your infant's stomach/back</li> <li>-Play soothing sounds</li> <li>-Dim the lights</li> <li>-Limit stimulation</li> <li>-Change feeding practices</li> </ul> <p><i>Support Parents:</i></p> <ul style="list-style-type: none"> <li>-Take breaks</li> <li>-Enlist help of family and friends</li> <li>-Put infant in crib if you are feeling upset, so you can collect yourself</li> <li>-Talk about what you're feeling</li> <li>-Eat healthy</li> <li>-Make time for exercise</li> <li>-Sleep when they sleep</li> <li>-Have a plan in place, so if you're feeling overwhelmed, you can call on someone to help you</li> </ul>	<ul style="list-style-type: none"> <li>-Isn't a specific way to prevent from happening</li> <li>-Prevent yourself from becoming exhausted and stressed out to the point that you unintentionally harm your baby</li> <li>-Talk to your child's doctor to see what you can do to help ease your child's symptoms</li> </ul>
<b>Remember</b>	<ul style="list-style-type: none"> <li>-Colic is a temporary phase</li> <li>-Isn't a sign of poor parenting or your baby rejecting you</li> </ul>	

©2019 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.