

Colic & the Fussy Baby

All babies cry....

Colicky babies cry more often for longer periods of time and are more difficult to soothe.

What is Colic?

- Colic can be defined extreme fussiness and crying that occurs at least 3 hours a day, 3 days a week for at least 3 weeks.
- Colic typically starts by 2-3 weeks of age and lasts through the 3rd month
- It seems to have no cause or treatment but it is commonly thought to be due to the babies immature neurological system and brain
- 20% of babies are actually diagnosed with colic
- Much of the crying we see with colicky babies happens in the evening – the so called “witching hour” – between 5-8pm
- Not all crying is colic: should rule out medical concerns such as reflux or food allergies
- Most babies have an increase in fussiness between weeks 2-6. This is a normal biological process as the mature outside the womb.

What can we do about Colic?

- Do whatever works and know that it will go away on its own
- Know your limits- if the crying is getting to you think safety first- put baby in a safe place like the crib or pack –n- play and get some air or take a minute to breath and regroup. Call in reinforcements if you need to- just be prepared that this is a possibility so you can have a plan.
- Swaddle baby
- Use rhythmic motion- swing or walks in stroller
- White noise or “shushing” may be helpful
- Many people feel wearing the baby helps
- The Happiest Baby on the Block- Dr. Harvey karp