

# Colic and Crying



*Becoming a parent is a joyous milestone in life! But it's also a new experience with many hurdles to cross. It can get stressful when you have a wailing baby and you don't know which discomfort they are suffering from. You will think of every possible solution to calm them down. Sometimes, no matter what you do, the baby continues to cry. They cry for longer durations and at a louder audible tone. **This form of crying is known as Colic.***

## **How to differentiate between colic crying and regular crying?**

The trick is to find the pattern in their crying. If they usually cry at the same time every day even though there is no obvious cause for discomfort, it's Colic crying. **Let us see some examples of the differences between both:**

- 1** Your baby will cry if their diaper is wet and needs to be changed. Once it's changed, they stop crying. This is regular crying.
- 2** Sometimes not changing the diaper will cause rashes and skin infections for them. This is also regular crying. Ensure that you avoid this situation.
- 3** If your baby is well-fed, healthy and has no underlying diseases or discomfort and still cries for long hours (usually three or more hours in a day) every other day, then it is a sign that they are colicky.

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- 4 If your baby is crying at a higher pitch than usual, accompanied by clenched fists and frantically moving arms and legs, then it is a sign that they are colicky.
- 5 If any attempts at consoling your baby result in little or no improvement, then your baby could be crying due to colic.

**“Colic crying is rare and only 1 in 5 babies are colicky.”**

## How to ease a baby's crying?



- Feed them when they are hungry.
- Massage them to help with mood swings and crankiness.
- Change the diaper in time to avoid rashes.
- Get thorough check-ups for allergies.

## What are the reasons for colic crying?

Episodes of colic crying can start from around 2-3 weeks of age and can continue up to 6-10 weeks before it slowly reduces and wears out.

Some of the possible reasons for Colic: stomach ache caused by an immature digestive system; underdeveloped lower esophageal sphincter causing acid reflux leading to discomfort and irritability; extremely sensitive allergies like allergy to breastmilk or a highly sensitive stomach; smoking mothers; secondary smoking or passive smoking; overly heightened senses.

**“There is no established cause for Colic.”**

## What are the remedies for Colic crying?

- ✓ Massage, swaddle, pat them or give a belly rub, play baby music or white noise, take them for a car ride, rock them, use a pacifier.
- ✓ Burping, rubbing/applying pressure to the newborn's abdomen; probiotics for a healthy digestive system; anti-gas drops or try a different formula feed.
- ✓ Ensure that their feeding time is at least 20 minutes to avoid bowel inflammation or gas formation.
- ✓ We advise against using gripe water (solution made of herbs to ease digestion) as it contains a considerable amount of sugar and alcohol.

## **Consult your baby's Pediatrician if**

- colic crying persists beyond 12 weeks
- the symptoms indicate underlying disease or a severe health condition
- they have fever or nausea



## **To the parents of a colicky baby,**

Don't try to do it all by yourself. It can get very tiring to watch your baby cry continuously without any relief from their discomfort.

Get help from your partner/friend/family member/relative to watch your baby during colic hours.

Their wailing can even impact your eardrums and induce sinus or migraine. Try listening to music through earphones for 10-15 mins to cancel out the noise.

Take a break.

**If you feel depressed or suffocated, don't hesitate to consult a therapist to ease your stress.**

**“Don’t hesitate to take a step back whenever you have to, so that you can be the best version of yourself to take care of your baby!”**



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