

CRYING BABY (COLIC)

DEFINITION

- A newborn or infant less than 90 days of age has the acute onset of unexplained crying.
- The younger the child, the harder it is to diagnose the cause of crying.
- If the crying becomes recurrent, it often develops a pattern and the cause becomes more apparent (eg, colic).

CAUSES

- Main cause of recurrent crying: colic (excessive normal fussy crying)
- Common causes of new crying: hunger, tiredness, pain, too cold, too hot, clothing too tight.

EXPECTED COURSE

- Once you find the right technique, the crying should decrease to 1 hour per day. Colic improves after 2 months of age and is gone by 3 months.

HOME CARE ADVICE FOR NORMAL CRYING

1. Reassurance for Normal Fussy Crying: All babies cry when they are hungry. In addition, the average baby has 1-2 hours of unexplained crying scattered throughout the day. As long as they are happy and content when they are not crying, this is normal.
2. Reassurance for Colic: It sounds like colic, the normal fussy crying seen in healthy babies. It occurs once or twice a day and should respond to comforting. With colic, babies act happy between bouts of crying.
3. Hold and Comfort: Hold and soothe your baby whenever he cries without a reason. The horizontal position is best for helping a baby relax, settle down, and go to sleep.
 - Provide a gentle rocking motion in a cradle or rocking chair.
 - Dance with your baby to some slow music.
 - Place in a front pack or sling (which frees the hands of the caregiver).
 - Place in a wind-up swing or a vibrating chair.
 - Give a stroller (or buggy) ride—outdoors or indoors.
4. Warm Bath: If crying continues, take a warm bath with your baby.
5. Feedings: Feed your baby if it has been more than 2 hours since the last feeding (1 ½ hours for breastfed). Breastfeeding mothers should avoid caffeine.
6. Cry to Sleep: Put your baby down to sleep if more than 3 hours have passed since the last nap and you have tried quiet holding for more than 30 minutes without success. Some overtired infants need to cry themselves to sleep. Swaddling often helps. Wrap your child in a light blanket with the arms tucked close to the body.
7. Gas: All crying babies pass a lot of gas, and their intestines make a lot of gassy noises. The gas comes from swallowed air. The gas is normal it does not become trapped or cause any pains.

CALL OUR OFFICE

- Your baby starts to look or act sick
- Your baby cries constantly for more than 2 hours using this advice.
- Your baby cannot be comforted using this advice.