

Colic

Colic is crying that lasts a long time for no known reason. The crying usually starts in the afternoon or evening. Your baby may be fussy or scream. Colic can last until your baby is 3 or 4 months old.



HOME CARE

- Check to see if your baby:
 - Is in an uncomfortable position.
 - Is too hot or cold.
 - Peed or pooped.
 - Needs to be cuddled.
- Rock your baby or take your baby for a ride in a stroller or car. **Do not** put your baby on a rocking or moving surface (such as a washing machine that is running). If your baby is still crying after 20 minutes, let your baby cry until he or she falls asleep.
- Play a CD of a sound that repeats over and over again. The sound could be from an electric fan, washing machine, or vacuum cleaner.
- **Do not** let your baby sleep more than 3 hours at a time during the day.
- Always put your baby on his or her back to sleep. Never put your baby face down or on the stomach to sleep.
- Never shake or hit your baby.
- If you are stressed:
 - Ask for help.
 - Have an adult you trust watch your baby. Then leave the house for a little while.
 - Put your baby in a crib where your baby is safe. Then leave the room and take a break.

Feeding

- **Do not** have drinks with caffeine (like tea, coffee, or pop) if you are breastfeeding.
- Burp your baby after each ounce of formula. If you are breastfeeding, burp your baby every 5 minutes.
- Always hold your baby while feeding. Always keep your baby sitting up for 30 minutes or more after a feeding.

- For each feeding, let your baby feed for at least 20 minutes.
- **Do not** feed your baby every time he or she cries. Wait at least 2 hours between feedings.

GET HELP IF:

- Your baby seems to be in pain.
- Your baby acts sick.
- Your baby has been crying for more than 3 hours.

GET HELP RIGHT AWAY IF:

- You are scared that your stress will cause you to hurt your baby.
- You or someone else shook your baby.
- Your child who is younger than 3 months has a fever.
- Your child who is older than 3 months has a fever and lasting problems.
- Your child who is older than 3 months has a fever and problems suddenly get worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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