sma Nutrition

When is crying colic and what can you do about it?

Babies cry. Some babies seem to cry more than others. If your otherwise healthy baby is under five months and has repeated and prolonged bouts of crying or irritability, it could be colic. And it can be as distressing for mum and any other carer as it is for the baby. Here is a list of things you can try to help a colicky baby.

- Hold and cuddle your baby when they're crying a lot.
- Try to sit or hold them upright during feeds to prevent wind getting trapped.
- Try winding your baby before feeds if possible, to give any pockets of air in the tummy an opportunity to come up, especially if they have been crying.
- Wind your baby during and after each feed to avoid colicky pain.
- Try giving your baby a warm bath.
- Try a very gentle tummy massage with two fingers in a clockwise motion, using a little olive oil or baby oil.
- Try gently rocking baby over your shoulder, this can encourage trapped wind to find its way out.
- Try gentle background noise like a TV or radio.
- Try rocking your baby in their crib or moses basket.
- Try pushing your baby in their pram.
- Bear in mind that colic will usually improve on its own by the time your baby is around three to four months and usually resolves by six months.
- If you are still worried about how much your baby is crying however, get in touch with your health visitor or GP, as they are best placed to help and set your mind at ease.