

Infant Colic

Tips on how you can manage colic in babies.

“Supporting you to look after you and your baby”

Key Points:

- Colic eventually improves on its own.
- It's a common problem that usually gets better by around 3 to 4 months of age.
- There are things you could try to soothe your baby.
- You could speak to your health visitor/community pharmacist, call NHS 111, or see a GP if you are worried.



What is colic?

Colic is when your baby's healthy but cries often and excessively and it's hard to soothe them. One of the possible reasons is bubbles of trapped wind causing tummy pain.

How do I know its colic?

All babies cry, but if they cry more than 3 hours a day, 3 days a week for at least 1 week, it may be colic (if they are otherwise healthy).

If your baby is suffering from colic, they might:

- Cry more often in the afternoon and evening.
- Be hard to soothe or settle.

Whilst they are crying, they might:

- Go red in the face.
- Clench their fists.
- Bring their knees up to their tummy or arch their back.
- Have a rumbling tummy or be very windy.

Your baby does not usually need to see a doctor for colic. Your health visitor can offer advice and support.

You may hear about using anti-colic drops, herbal and probiotic supplements, or making changes to your diet if you are breastfeeding.

There is very little evidence these things work. Speak to your health visitor or community pharmacy for further advice.

Look after yourself.

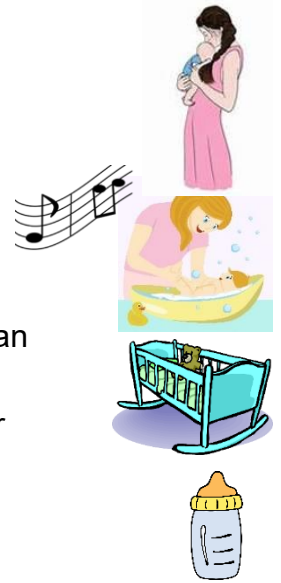
Looking after a baby with colic can be upsetting.

Ask for support from:

- Other parents, family, or friends.
- The Cry-sis Helpline. Call free on 0800 448 0737 (9am to 10pm, 7 days a week).
- Your health visitor, NHS 111, community pharmacist or your GP.

Things you can try to soothe your baby.

- ✓ Hold or cuddle your baby when they are crying a lot.
- ✓ Sit or hold them upright during feeding, to help stop them swallowing air.
- ✓ Wind your baby after feeds.
- ✓ Gently rock your baby over your shoulder.
- ✓ Give them a warm bath.
- ✓ Have some gentle white noise in the background to distract them. This can be things like the TV or radio.
- ✓ Rock your baby gently in their crib or Moses' basket or push them in their pram.
- ✓ Keep feeding your baby as usual.



Call NHS 111 or see a GP if:

- Your baby has colic, and nothing seems to be working.
- You are worried about your baby's crying.
- Your baby is not growing or gaining weight as expected.
- Your baby still has symptoms of colic after 4 months of age.

Your GP will check for possible causes of your baby's crying.

Go to A&E or call 999 if:

- Your baby has a weak or high-pitched cry.
- Your baby's cry does not sound like their normal cry.

Trust your instincts if you think there may be something seriously wrong, especially if they have other worrying symptoms. You know better than anyone else what your baby is usually like.

Here are some links to further information:

- Look at the NHS Website: <https://www.nhs.uk/conditions/colic/>
- For a Patient Website: <https://patient.info/childrens-health/colic-in-babies-and-infants>
- For more advice visit your local pharmacy

