

**Colic:**  
**10 Ways to Help Your Baby**  
**Sleep Through the Night**

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## INTRODUCTION

Anyone that has had a baby, knows that the worst sound that you can hear is them crying. Although everyone knows that all newborns cry and show some fussiness, it is also clear that when a child who is basically healthy cries for more than 3 hours straight during the process of a day, it is more than likely colic that is causing it.

These days it is estimated that up to 25% of all babies have colic. It usually starts between the 3rd and 6th week after they are born, and goes away on its own by the time the baby is somewhere around 3 months old. If the baby is still crying to the extreme after that time, chances are that some sort of health problem may be the problem instead.

There are quite a few facts about colic that you may not realize. These facts are:

- Colicky babies generally have a healthy sucking reflex and a really good sense of appetite and are otherwise healthy and growing well. Sick babies may seem to be colicky but they won't eat very well and they won't have the same strong sucking reflex.
- Colicky babies really enjoy being cuddled and handled. Sick babies are usually uncomfortable when they are handled.
- Colicky babies may spit up a bit, but if your baby is actually vomiting and/or losing weight something is very wrong and this is not a symptom of colic.
- Colicky babies usually have normal stools. If your baby is hard to soothe and has diarrhea or if you see blood in the stool, call your doctor.

This all being said, you should have a better idea of trying to decipher if your child actually has colic and not a more serious problem. With this in mind, this book is

going to be your comprehensive guide to understanding colic and how you can get your colicky baby to sleep through the night so that you can sleep through the night!

## **What Causes Colic?**

Right this very moment, doctors really aren't sure what causes colic. Back in the day, a people believed that it was a milk allergy that caused colic, but doctors now believe that this is rarely, if ever, the case. The reason is because breastfed babies get colic too, and changes in the mother's diet may help it.

It is now believed that colic is probably not caused by gas either; which is another failed belief system in dealing with colic. Research now suggests that more often than not, colicky babies get gas because they are swallowing too much air while they are feeding or crying.

Some more recent evidence is beginning to suggest that colic occurs when food moves either too quickly or too slowly through a baby's digestive system. It is also suggested that colic can be the result of the baby's individual temperament; which means that some babies just take a little bit longer to get adjusted to living outside of the womb, or that some babies have undiagnosed gastroesophagal reflux disease. Some parents think it is their own fault. That is simply not the case either.

In my daughter's case, most of her colic episodes occurred during the late afternoon or at night. Most mothers themselves experience hormonal changes in the evening after giving birth. Prolactin is highest during sleep and during the morning, and cortisone which can affect the mother's ability to deal with their baby is at its lowest around 6:00 p.m.

In the baby's body there are two important hormones, cortisone and growth hormone, and they are at their highest point in the early morning hours and lowest in the evening hours. In the first few months of a baby's life, these varying hormones are much disorganized.

By the time the baby reaches four to six months of age the pattern becomes more consistent and the colic will disappear. You may wonder if it is the stresses you feel that may be causing the colic in your baby. That is not necessarily true either. My answer to this very question was to take an afternoon nap whenever it was possible to recharge my much needed hormone levels. This can shorten the colic's duration.

## **Hormonal Disturbances That Affect Colic**

Progesterone just happens to be one of the hormones that can have calming and sleep-inducing effects. A baby receives progesterone from the placenta at birth but the soothing effect from it generally wears off in about a week or two and it is also suggested that colic occurs if the infant does not produce enough progesterone on his own. In general, the studies surrounding this are mixed at best but they do indicate colic occurs less in breastfed infants because breastfed babies receive higher levels of progesterone.

Prostaglandin; which is a hormone that causes strong contractions of the intestinal muscle, has also been thought of as a culprit in colic. One study even showed the infants develop colicky symptoms when they were given prostaglandin therapeutically to treat their heart disease.

Colic occurs at an age and stage of an infant's life when he can do nothing at all to ensure his own comfort and amusement. It is the time when they are almost totally dependent on their caregivers for any type of stimulation at all. Is it possible colic begins to subside at around three months of age because that is when babies can finally see clearly and can begin doing things on their own that they may find soothing, such as finger sucking, eye contact, and waving their arms and legs around, which I think is so that the baby can release stress? At around three months of age most babies also develop a higher central nervous system maturity.

## **More Possible Causes of Colic**

There are a great deal of studies performed today that suggest that there is any real evidence that in colic incidence between breastfed and formula fed babies, however breastfeeding mothers often seem to exhibit better abilities to deal with their colicky baby.

Because studies think that cow's milk may be causing colic, your doctor may choose to substitute a soy formula for regular baby formulas, but I should tell you that even soy based formula can cause colic. Approximately 35% of infants who are allergic to cow's milk-based formulas will also be allergic to soy milk-based formulas.

The reason for this is because a more recent discovery is that cow's milk allergens may enter the milk of a breastfeeding mother and irritate the baby's intestines, which result in colic. In this case trying out a dairy-free diet all together may be the best thing to do.

### **Ear Infections**

Ear infections can also trigger colic in some babies. Some of the signs that your baby may have an ear infection are: baby seems to be in pain when they are lying down, but not while they are sitting up; he has cold symptoms such as a runny nose, draining eyes, and small fever; and he is not sleeping well. A thorough examination of your baby's ears should be part of a colic checkup.

### **Pediatric Regurgitation Syndrome**

This condition is also called gastrointestinal reflux or in more severe cases Gastroesophageal Reflux (GERD). PRS is actually a recent discovery as a medical cause of colic. Normally when food goes down your baby's throat and into his stomach, what happens is that the stomach will contract and push whatever is already in there down into the intestines.

In some babies this does not work properly, so when the stomach contracts, some of the food is actually pushed back up into the esophagus and in some cases even out of the mouth. Along with the food that comes up irritating stomach acids, which may irritate the esophagus and cause heartburn.

Signs that reflux may be contributing to colic are: spitting up after eating frequently; colicky episodes that occur shortly after eating; often waking up at night as if in severe pain; and colic that is just not going away. The proper diagnosis of reflux is generally expensive, and often requires x-rays and the insertion of a tube down the baby's esophagus to measure his stomach acids.

### **Urinary Tract Infections**

One of the most serious and most hidden causes of colic is a urinary tract infection. These infections are very subtle in babies; they do not begin as quickly and severely as ear infections do and in fact, they can last for quite a few weeks before they are even detected. Urinary tract infections can cause kidney damage if they are left untreated. For this reason I would suggest that fussy, colicky babies have at least three urinalyses just to be safe.

### **Skin Rashes**

Skin rashes may also be a cause of colic. Eczema, rashes caused by allergies, and diaper rashes may be the reason why the baby is colicky. When there are sudden outbursts of screaming it is reasonable to think that it may be caused by a sore bottom. The type of diaper rash that is particularly hard on baby is the raw rash that looks almost like a skin burn is caused by acid stools during diarrhea. You can bathe your baby in baking soda (one tablespoon in a couple of inches of water in baby's bathtub) to help soothe it.

### **Constipation**

This is another possible reason for the colic that is rarely looked at. In the early months of baby's life their stools; especially those of a breastfed infant, should be

loose, soft and very often in occurrence which is about two to three times a day. Once the baby reaches three or four months some babies will normally have only one bowel movement a day. If your baby strains or turns red a lot when they have a bowel movement, and if the stool seems hard, or if it is accompanied by a few drops of blood droplets or if they have a tense, gas-filled (hard) tummy, your baby may be constipated. A visit to your doctor will tell you what to do about it.

## Treating Colic

There actually isn't any one single treatment has proven itself to be absolute in curing colic. However there are ways to make life easier for both you and your colicky baby.

First of all, you should check to see if your baby is hungry. With young babies, you simply place your finger under his chin and if he tries to suck or move toward it, then he is hungry. However, if your baby is not hungry, don't try to continue the feeding as it is a waste of time. Instead, try to console your little one in some of the ways listed below. Contrary to what people say, this is not spoiling the child. Some of the things that you can do to console baby are as follows:

- Walk with your baby or sit in a rocking chair. The continuing movement is always soothing to a baby. Just be sure to place his head near your chest so that he can hear your heartbeat.
- Try burping your baby more often during feedings.
- Place your baby across your lap while he lies on his belly and rub your baby's back. This will help get air out of his tummy and prevent gas. If he burps; even better.

- Put your baby in a swing as this swaying motion may have a soothing effect.
- Put your baby in a car seat and go for a ride. The vibration and movement of the car are often calming. You can also place him on a washing machine or running dryer. The movements and the sounds are very soothing.
- Play music like classical or slow music as some babies respond to sound as well as movement.

Caring for a colicky baby can be extremely frustrating for both the baby and the parent, so be sure to take care of you, too. You can't be soothing to the baby if you are riled up you will not be able to soothe the baby. For mothers this can be even harder to deal with.

Mothers need to try to relax, and remember that your baby will eventually outgrow this phase. You should remember that, if you need a break from your baby's crying, take one. There is nothing wrong with this. Friends and relatives are often happy to watch your baby when you need some time to yourself, even if he is crying. If no one is available, it's OK to put the baby down in the crib, let him cry and take a break before making another attempt.

You can always use a walkman to blot out the cries so that you are not tempted to listen to it. You should never overwhelm yourself. If your baby takes a nap, you should do the same. Believe me, you will need it. There is more that you can do to help your baby, and they are listed below.

## **Know that it's coming and be prepared**

When it comes to dealing with a colicky baby it is best to plan ahead for late afternoon/evening colic by doing most of your household chores early in the morning. Make sure that if your baby has been awake most of the morning that he gets a nap in the afternoon and take one with him. A nap can really lower the frequency of the colic attacks and how long they last.

If you want to help him get a good night's sleep you can try massaging him or swaddling him beforehand. You can also hold the baby firmly against your chest or stomach and talk in a soothing voice for about 45 minutes or an hour. Basically just do it for as long as you have to. You should note that you should make sure that he has a clean diaper on before beginning the evening calming sessions.

In talking to your baby, you can read a long storybook or novel aloud. You can read anything that you want as the baby won't know the difference anyway.

## Stop the Crying

It makes sense to address the crying as quickly as possible. To do this I often picked up my daughter and immediately started the cuddling and walking effort. Sometimes gently, but firmly it helps to squeeze the baby's *upper arm or lower leg* in a slow pulsing manner. This calmed my daughter down and sent her off to sleep without picking her up from where she was.

You can also try to *walk outside with the baby* where the sounds of birds and the breeze in the trees or nature in general can calm him. You can use the pacifier as well to stop the crying, but if it doesn't work, a small bottle of *sugar water* helps calm the baby to relax.

Every now and then a quick *ride in the car* helps the baby to fall asleep. Then of course there is dancing with the baby. My daughter loved it when I would pick her up and dance to the song from Free Willy. The dance and slowly moving from side to side and up and down is oddly helpful.

You can also try to distract the baby. You can use almost anything like an unusual sound from a squeaky toy or rattle; to even the sounds of running water in the sink. All these things tend to have a temporary effect of interrupting the colic outburst long enough to calm the baby down before it gets too bad. ***Stopping the baby's crying spells*** as quickly and calmly as possible can drastically shorten the episodes of colic.

## **Give Your Baby a Routine**

This part sounds easy, but when you have a new baby, and perhaps a few other children, it can be very difficult, however there are certain routines that can easily be set up and followed. You can start by referring the plan ahead part mentioned above.

This is in knowing that the colicky episodes are coming up and being ready for it. Your baby will generally follow a specific time schedule for these episodes. For example, he may be more colicky in the morning or afternoon. If you know it's coming be ready with some soothing techniques mentioned above. You should also be prepared for the in between moments when he hasn't had an episode yet. Try having your child nap at the same time every day. In doing this, you will be able to set it up so that your child will become sleepy at this time automatically and expect to sleep. It will certainly make it easier for you.

Following this, give feedings and baths etc. at the same times as well. The routine of it will help your baby to better adapt to his day, which may cause the colicky episodes to be farther apart.

## **Neck Nestling**

This is when the baby snuggles her head into the space that is located between the jaw and chest of the parent. This is when your jawbone drapes gently over the baby's head and my voice box presses against her head. Small babies hear with more than their ears. They also hear with the vibrations of their skull bones. If you sing something very monotonous it will help your baby to drift comfortably off to sleep. When you do this neck nestle. It works best for fathers because of the lower pitch and high vibrations of the male voice.

## **Forward Cuddling**

Some high maintenance babies do not cuddle very easily. When you try to cuddle them they will often stiffen their muscles and arch their backs. Some babies prefer to see you when you are carrying them. You can relax this kind of baby by carrying him in a bent-forward position. You do this by pressing the baby's back against your chest and cradle baby in your arms beneath his thighs. When you bend the baby's hips and legs upward, it helps the baby to relax his entire back, which will help to make him less of an archer.

## **My favorite**

This one is good for dads. You have to drape the bare-skinned but diapered baby over your bare chest. Make sure that the baby's ear is over your heartbeat. The rhythm of your heart combined with the rhythm of your chest moving as you are breathing, and bit of rhythmic patting on the baby's back will usually soothe both of you.

## **Abdominal Relaxation**

Sometimes warm and gentle pressure on the tummy is helpful in soothing a colicky baby. There are a couple of tricks to soothing baby, which are: Place the baby with his tummy down on a half-filled warm water bottle that you have covered with something like a towel to protect baby's skin. You can also let the baby fall asleep stomach down on a cushion, letting his legs hang over the edge. This offers some pressure on his belly that is very soothing.

## **Use Motion**

Some babies would rather be still, while others babies think that motion is the more soothing. This is when those motion swings; set at approximately 60 beats per minute

is just what the parent called for. The constant motion is excellent for relaxing babies. You should just bear in mind that for some babies this may not work because swings only provide a back-and-forth motion.

Another great tool in soothing your colicky baby is the vibrating bouncer. Sounds of things which move rhythmically often soothe fussy babies as well, such as: revolving ceiling fan, waves on a beach, waterfall, pendulum of a grandfather clock, trees swaying in the wind, and many more.

## **Bedtime Do's and Don'ts For a Colicky Baby**

Sleep is the most important thing to think about when you have a colicky baby. This can also be the most difficult thing to accomplish, and the whole family suffers if the baby in the house won't sleep.

Babies are often reluctant to separate from Mom and Dad at the end of the day, and if the colic is due to ear infections, or reflux problems it can be even harder. At night babies are often riled up, and they want to continue the fun that they were having during the day. They may also have some fears about being alone in the dark or away from loved ones.

Of course, because of this, sleep-deprived parents may be longing for a chance for some real sleep themselves, or even just some time with each other that is baby free. Bedtime is hard for parents also so it is important to follow a few do's and don'ts regarding your baby and sleeping at night.

Here's what you can do to develop bedtime rituals that actually allow your baby and you to sleep:

**DO: Consider following a schedule.**

Not every bedtime routine will work forever, but once something becomes established in your child's mind, she'll come to expect it. It is for this reason that you should

really think before you add one. Do you really want to sing the soundtrack to “Aladdin” every night for the next 3 years? This is why you have to think first as you may regret them.

Here are a couple rituals that parents can live with too:

- A warm bath, then cuddling with the baby in clean and warm pj’s
- Reading a book or listening to soothing music.
- Sing a song.
- Being tucked in with something special like a stuffed animal, or blanket.
- A gentle back rub.

**DO: Be consistent With Everything.**

This is when the routine has to be the same every day so that your baby’s own time clock will have the chance to kick in and help you out. Babies need to have a schedule that will allow them to know what is coming up next. Springing bedtime on them suddenly will only make them more reluctant to actually sleep, but will upset a colicky baby even more. Make sure the ritual takes place in the baby’s room or sleeping areas. Sleeping with your colicky baby will make it harder for him to make a lone sleeping transition later.

**DO: Keep activities relaxing.**

Don’t over stimulate your baby right before bed. For a baby, clear out the mounds of toys from the crib and offer her just one favorite thing to settle down with. Removing toys every night at bedtime will help the baby to realize it’s time for sleep.

**DON'T: Don't go Ritual Crazy.**

With a small baby, the needs are small at bedtime in that you need only spend a few minutes soothing baby to sleep time. More than 30 minutes is almost always too long.

**DON'T: Leave the lights on.**

It's important for a baby to learn the difference of day from night – and that nighttime is for sleeping. This way if she does wake up and it's dark in the room, she'll know that it's not time to get up yet. Leaving a bright light on is confusing for the baby and could result in a flip flop for baby's hours.

**DON'T: Put your baby to bed with a bottle.**

First, it's true that sucking helps soothe a baby to sleep, but swallowing milk or juice at nighttime will cause tooth decay and gum problems. Second, drinking while lying down can lead to fluid buildup in the ears which as we know will make the colic worse. Lastly, if your child is used to falling asleep with a bottle in her mouth, she'll have trouble settling down when she wakes up during the night and doesn't have one available. Use a pacifier instead.

**DO: Be flexible.**

If your child is sick or going through a stressful time like colic, it's perfectly okay to bend the bedtime rules a little bit to ease the baby. That doesn't mean that you should go nuts in changing the routine entirely. For instance, you might want to read one extra story.

**DON'T: Rush solid foods to help your baby sleep.**

Some parents are convinced that babies wake up so often because they're hungry again. But breast milk or formula is the best food for a baby's first six months. Solids don't really help your baby to sleep at night, so don't introduce them before your baby is six months old unless your pediatrician tells you to.

**DO: Give bedtime too much attention.**

Bedtime should be a special time for you and your baby, but not the major time. Don't ignore it all together either you need a balance. Focus on her alone as you, bathe, or read to her each night, and you'll both be the happier for it.

### **DON'T: Take away a bedtime.**

Keep your bedtime routine no matter how frustrated or annoyed with your colicky baby.

### **The Settle Down Time**

All of us, from newborns to adults, move between light sleep and deep sleep during the night. Anyone who claims that her child sleeps straight through really means that when the child comes up into light sleep, he can go back to sleep on his own without crying or calling for a parent. Here are some tips to soothe your night time sleeper baby, but I've also added some extra tips for older children as well. Hey, most kids have older siblings, so why not add the tips?

### **0 to 3 months**

A newborn's habits aren't fully established yet, so it is during these first weeks it's fine to let her doze off while you're nursing or rocking her. However, I must point out that by 8 to 10 weeks, she can begin learning to fall asleep on her own. Letting the baby fall asleep while feeding her can help to create a link between the two, making her more likely to cry for more when she wakes up later, this will not help.

If she starts to look sleepy during a feeding, you should try to ease her into her crib. You will want to stay nearby as she nods off, but don't hold her or rock her to sleep as she may become dependant on you too much. Babies this age need to feed all the time, so don't expect a completely undisturbed night.

When your baby wakes up at night, it's your job to teach her that it's not playtime but feeding time. Don't turn on the lights or play with the baby during this time. Just feed her, change her if she's wet, and set her back in her bed. If you choose not to indulge her in play and stimulation, she'll catch on quicker and lull herself back to sleep.

### **4 to 6 months**

By 4 months, a baby can sleep six to 12 hours without waking up. Don't rush to pick her up as soon as she groans or whimpers because she will lull herself to sleep. If she does wake up and wants a feeding, stall a bit to be sure she really needs it. If she's

been fed and changed and is still crying, you can go in and let her know you're there, but do not pick her up. Pat her and speak softly. Let her find out how to lull herself to sleep at this age.

## **7 to 12 months**

Even if your baby made it through the night before, she'll likely start making a fuss at night again now that she is old enough to think for herself a bit more: She can now really miss you when she doesn't see you. Just offer her a bit of reassurance when she awakens and this will help her through this stage.

Babies' sleep patterns are often disrupted when they are learning a new skill. For example, if your baby is learning to pull herself up to a standing position, expect her to practice this in her crib at night, too. Actually it's really cute. I used to catch my daughter doing it all of the time.

If you've gone back to work and find that your breast milk supply is getting lower, a nighttime feeding can help you maintain a good amount. It's easiest to keep your baby in your room if this is the case, but make sure your mate can follow this change.

## **1 year to 18 months**

If your child is still waking up during the night at this age, this strategy may help: Wake her up before she wakes you. Before you go to bed, wake her up to comfort or feed her. Tell her to help herself when she wakes up. Comfort her, but don't take her out of her crib.

You may find that she doesn't wake up later on. For some reason, rousing a child first seems to stop the cycle of waking up in the middle of the night. Be aware that if you've had your child sleeping with you till now, it will be a lot harder to coax her back into her own bed. Babies this age are starting to have opinions of their own, as well as a bigger need to express it.

## 2 years

This is the age when many children move from a crib to a bed, if they haven't already moved. Toddlers normally go through periods of fear and may come to their parents' bedroom. You might put a mattress or sleeping bag near your bed and tell your child that she's welcome to come in and use her special bed, but tell her not to wake you up when she does.

Should you discuss the colic of your baby with your doctor, you have to be honest with him. You need to tell him the truth about your baby's reaction to colic, and how his colic is affecting you.

Below you will find some stuff that should help when talking about baby's colic problems with his/her doctor. It may help if you start a colic diary and bring it with you. Here are some of the things that you can put in it:

- When the colic episodes start, how often, and how long they last.
- The time of day and what is happening around baby when they occur, such as are they at home, with sitters, when the family is busy etc.
- What starts and ends them.
- Where you feel the baby's pain is coming from. Give descriptions of oddities in appearance if you can.
- A description of the cry.
- Details about feeding: frequency, and whether breastfeeding or bottle.
- Nature of your baby's bowel movements.
- Spitting up: how often after feeding.

- What baby's bottom looks like, such as persistent diaper rash or a red, burnt-looking bottom?
- What you have tried to do for the colicky episodes, what worked and what didn't.
- What you think it is that causes it.

Since most colicky episodes occur at home you have to tell him everything that your baby does because the doctor can't see it. They can only determine how severe it is through what you say so it is important to communicate this thoroughly.

## **10 TIPS FOR EASIER NURSING AT NIGHT**

During the first year that you will spend with your baby, you will spend a lot of time feeding your baby at night, so you might as well enjoy it. You have two nighttime goals when it comes to feeding him which are: for you to get sufficient rest and for you to meet the nutritional and emotional needs of your infant. Remember, a happy mother and a well-fed baby is the whole point of nursing in the first place. Here are some tricks that will be very helpful.

1-- You should remember your goal at night time, which is for your baby to sleep. You can't force your baby to actually sleep. Your role as a parent is to help create an environment for the baby that induces relaxation so that sleep can overtake the baby naturally.

It is my belief that the ultimate goal of nighttime parenting is give your baby a good attitude about sleep, so that your child grows up seeing sleep as a good thing, with no fears of either falling asleep or staying asleep. In order to accomplish this goal, you will put a lot of effort into parenting your child to sleep and parenting her back to sleep when she wakes up in the middle of the night. Eventually, your efforts will become part of her inner resources, and she will be able to do this for herself.

This goal is not the same as training baby to sleep through the night as soon as possible by denying him parental comfort. What it does mean is that, letting him cry sometimes will allow the baby to correct his own sleeping behavior.

With the cry-it-out method, there's an important lesson that your baby learns which is that you aren't going to come, so they may as well give up. Less-persistent babies give up the screaming phase quickly. Since they can't trust parents to be there, they learn to deal with their issue on their own.

When dealing with babies, you should try to think of nighttime parenting as a long-term investment. The middle-of-the- night time you put in now will save you a whole lot of sleep in the years ahead. Your children will sleep well when they are older, and the good relationship you have built with them will keep you from lying awake at night worrying about them.

2-- You have to develop a realistic ideal of night nursing. Don't try to assume that you know how your baby is going to sleep at night or try to assume that this baby will be like the others. This will make it easier to deal any hardships that may arise from your colicky baby. (Remember that your other children may not have been colicky).

You may have a mellow baby who breastfeeds with relative predictability by day and sleeps in 4-6 hour stretches at night. Just so that you know sleeping a five- hour stretch qualifies as sleeping through the night by most doctors when the baby is less than six months of age.

You may be blessed with a high maintenance baby, such as one who will settle for nothing less than a lot of food and comforting needs day and night. Both types of babies are normal so don't be shocked or disparaged. Also, you have to realize that when babies wake up frequently to nurse they are only asking for what they need to be healthy and not trying to bother you.

This means more than just getting bigger, it means developing to the fullest potential physically, emotionally, and intellectually as well. Nearly all babies know intuitively how much nursing they need for nourishment and for comfort so take their words for

it. Remember that at this young age, babies' wants are the same as their needs to them so when your baby wakes up for food at night, he likely needs it so don't ignore him. He really needs this feeding. In fact, a common medical cause for an infant failing to thrive is not getting enough feedings at night.

Of course, part of what your baby needs at night is the personal contact with you, and you may even learn to appreciate these nighttime feedings as much as the baby does.

3—You will want to be open to trying various sleeping arrangements with the baby until you find the right one. There is no right or wrong place for baby to sleep. Whatever sleeping arrangement best suits the entire family is the right arrangement for your family. Be open to trying all kinds of different ones until you find the right one for your family.

Sleeping arrangements may vary at different stages of baby's growth too, so don't be shocked when things change on you. Some babies settle better when they are sleeping snuggled right next to mommy all through the night, some babies seem to sleep better in a crib, and others sleep better when they switch from sleeping alone to sleeping with a parent.

Most breastfeeding infants sleep best snuggled next to the mom. Don't get me wrong: a baby's sleeping zones should be decided between both parents as well as the baby. It's no one else's business. Do what feels right to you. Don't feel pressured by other people's opinions.

Some ultra-sensitive infants are so stimulated by mother's close presence that they are better suited to sleep without her just so that they can settle down, yet they don't sleep well in their own rooms. In this case, try the sidecar arrangement. This is when the baby is close enough for nursing, yet mother and baby are not so close that they keep each other awake. Check out the "Arm's Reach® Co-Sleeper® Bassinet" that is designed to be used next to the parent's bed.)

4-- You can also offer your baby frequent feedings during the day. As babies get bigger, they get busier during the day and forget to eat so you have to fill in the blanks for him. This will help baby to make up for missed feedings at night. This

happens especially after six months. In this situation mother may be the one who tried to make the baby breastfeed at least every three hours during the day, so that he does not need to nurse as much at night.

5-- Give them a quick fill up before you go to bed. Wake your baby up for a feeding just before you go to bed. If baby nurses to sleep at nine and you go to bed at 10:30, you may be woken up by the baby shortly after you have fallen to sleep. It is better to awaken baby and fill his tummy right before you go to sleep you can both get more sleep at the same time.

6-- Offer both breasts during the baby's feedings. Since you're going to have to feed your baby in the middle of the night, you might as well try to do a better job to make sure that he is filled up. There are two very good techniques for switching sides when nursing the baby while you are lying down. One of them is the across the chest roll: this is when the baby finishes nursing on the first breast, cradle him against your chest as you roll to the other side. Then you have to get settled and then let the baby latch on to the other breast.

If you don't like this idea, instead turn your upper shoulder toward baby as you adjust the level of the upper breast so that your baby can latch on. It is very simple and good for both mother and baby.

7—Change your baby before a feeding. If baby's diaper is wet or dirty, change him before he eats because this will help to lull him to sleep after the feeding. This doesn't work for those babies who seem to have a bowel movement every time milk is going in their mouths.

8—You want to let go of the continuous sucker. Some babies love to sleep with a nipple in their mouth. After they have finished feeding, they will continue to suck for a few minutes or even longer. While some mothers can sleep with baby attached throughout the night or at naptime, most mothers can't relax with baby still connected.

If you want to avoid waking your baby as you try to take the nipple out, gradually ease him off by inserting your index finger in the side of your baby's mouth to pry his

jaws open gently. When his jaw begins to let go, you must slowly draw the nipple out of his mouth, protecting it with your finger in case baby clamps down on it.

Some babies will be startled awake as soon as they notice the loss of pressure inside their mouth. If this happens, you will have to be ready to press with your index finger upward on his lower lip or chin as soon as your nipple is clear, and give the baby time to adjust to the change. From here you can slowly ease your finger pressure off.

9-- Burping when feeding the baby at night. Many breastfeeding babies nurse with less anxiety at night. The reason for this is because they swallow less air and don't need to be burped. Even if you do need to help your baby bring up a bubble after nursing while lying on the side, you need not get out of the bed. Prop your baby up with his head and tummy against your body and pat his back until he burps.

10-- Try to sit your baby at a 30 degree angle. While most babies can night nurse while they are sleeping flat and lying sideways, some babies suffer from gastroesophageal reflux (GER) and wake up with colicky abdominal pain during or right after the feeding. When you are feeding these babies, gravity is going to be your best friend. Instead of nursing sideways with baby lying flat, prop him up on a foam wedge between a 30 to 45 degree angle and him upright for at least thirty minutes after a feeding until gravity empties the stomach.

## **BOTTLE FEEDING HELP**

Babies like to feed until they fall off to sleep, no matter if they are feeding by breast or bottle. In fact, many toddlers need to have a feeding before they go to bed so that they don't wake up hungry until morning. There are a couple of problems with giving your baby nighttime bottles.

Your baby always associates going to sleep with the bottle, just as the breastfeeding baby associates sleep with breastfeeding. Babies associate sleep with feeding and the

object or person a baby associates with going to sleep is the same that the baby expects in order to get back to sleep.

The trick here is to keep the babies asleep by offering them various things to associate with sleep so that they don't get hooked on one. The bottle or breast works so well for sleeping that the parent can get into a sort of rut as well as the baby because they stick with what is working.

Doing this is okay if you're going to offer the same prop every time the baby wakes up. But if you want baby to learn to resettle himself without the bottle in his mouth or hands you will have to switch it up. For example, give him his bottle in a rocking chair, and then help your baby snuggle to sleep with one arm around a teddy bear and the other around something else.

When the baby wakes up, cuddling the bear may be enough to resettle him on his own. Or, you can use a specially shaped snuggle helper for baby to nestle his head into. A solo sleeping baby may need this more, since he doesn't have people around him.

## **NIGHTTIME BOTTLE SAFETY**

Sending your baby to sleep with a bottle in his mouth may damage the teeth which is what doctors call bottle mouth. You should never do this. If you want to ease baby off the nighttime bottle, try watering the formula down, or better still give him water.

If you prefer to water down the formula, gradually dilute the bottle contents with increasing amounts of water until baby figures out it's not worth waking up and fussing

for a bottle of water. Though it is tempting to leave a bottle in the crib with the baby when you have to feed him at 2:00 a.m. don't do this!

Not only does this really help to contribute to tooth decay, your baby can choke with no one there to help. Don't let your baby sleep with a bottle of milk or juice. Bottles are not good for your baby's teeth. Do not soak pacifiers with honey either.

When your baby falls asleep, saliva flow decreases, which lowers the baby's natural rinsing action on the teeth. The honey will coat the teeth. Plaque and bacteria will use this to eat your baby's teeth. If a baby is hooked on the nap or nighttime bottle, try watering down the juice or milk, each night diluting it a bit more until it's all water.

## **SOOTHING BABY ACCESSORIES**

Finding accessories that will help to relax a colicky baby can be difficult. There are quite a few, so I have decided to add a section that will address this very thing. I mentioned things like vibrating seats and swings, so now we will use this section to look at these so that you can choose what is best for you and your baby. Let's look at them now!!

A baby swing is a wonderful way to soothe a fussy or colicky baby. It is also a great way for the parent to hold an infant while mom or dad sneaks a quick shower. Before you buy a baby swing, you should look at this list of handy must-have features that will make your baby swing more useful and pleasurable for you and baby.

### **Stability & Safety First**

Since baby's safety is naturally going to be your first priority, so you will have to check all swings to be sure they have a wide base and will not tip over on the baby should he to one side. You will also have to check to see that the swing has a safety belt system; especially if you have a smaller baby. Just like in car seats, you will want a 5-point harness system in your swings because it is safer. The shoulder and hip straps

help to reduce the chance that baby will slide out of the swing or learn to climb out of it.

## **Battery & Wind-Up**

Whether you choose to get a battery-powered swing or a wind-up swing is a matter of personal choice. Of course, batteries don't last forever, so it is reasonable to assume that these can be costly over time. However, battery swings will help to eliminate the need to keep re-winding every time the swing stops moving which is about every 15 minutes or so. The wind up for a manual swing is also quite loud. Battery swings also tend to have more swinging speeds and music settings to meet baby's preferences.

## **Speed & Sound Differences**

Some babies want to be rocked to sleep slowly, while colicky babies may like to be rocked with more force. For this reason, you must choose a baby swing that has several different rocking speeds. Your baby may also have strong preferences on music, so look for swings that play music at different volumes or with no music at all. Some babies just want peace and quiet!

## **Reclining**

Small babies will not be able to hold their head up on their own or avoid slouching forward in an upright swing, so be sure your baby swing has at least two recline positions. It also helps to weigh down the swing with a blanket placed over the baby. One of the recline positions that will come with the swing setting should be a newborn recline that allows baby to lie back far enough to avoid slouching all together. The reclining feature is also handy when older babies fall asleep while still in the swing so that you don't have to move him.

## **Open Top & Flip-Out Tray**

You will want to have a flip-out or fold-up tray on a swing, so that a sleeping baby can be gently removed from the swing without going through a great deal of trouble.

These trays are also more convenient for the parents. An open top swing makes it easier to lift the baby out of the swing without hitting their head on the swing's upper bar as well.

## **The best Swings**

Two of the most popular baby swings on the market today are those that are made by Graco; which is an open top and the Fisher Price Aquarium Wonders Swing. The Graco Open Top Swing features a reclining seat, multiple speed settings and soothing music. It is also a 6 time winner of best swing.

The Fisher Price Aquarium Wonders Swing has an open side, and has soothing music, reclining seat and varying speeds.

## **VIBRATING BOUNCER**

Baby bouncers are called many different things: baby bouncer, jolly jumper, vibrating chair, rocker chair. When shopping for one it gets quite confusing. The most common type of baby bouncer attaches to the top of a door frame. You can also buy a bouncer that has its own, free-standing frame, and these are the ones that are called a vibrating chair.

It is good for me to tell you that with all types of bouncers, your baby sits inside a padded fabric seat which cradles and supports your baby's body in a way that is a lot like a car seat. Doorway bouncers fit your baby like a diaper with a bungee cord on it. The seat is suspended from elastic straps which attach to the door frame. Free-standing bouncers are shaped a lot like a chair, with a sling style seat attached to a heavy-duty wire frame. They are very sturdy.

Babies should not use these types of bungee bouncers until they have full control of their heads, which is usually between three and five month's years of age. Babies should stop using the bouncer when they hit 25 pounds.

Doorway bouncers should also be positioned so that your baby's feet just touch the floor when they are sitting in the seat so that they do not propel themselves too high. They should be positioned in the center of the door frame, so that they don't hit the door sides. If you have a wide opening between two rooms that doesn't have a door, you should then attach your bouncer to that door frame. If you don't have a door-less opening, you have to wedge open the door when you set up your baby bouncer. You don't want the door accidentally closing on your baby while they bounce around.

Many babies love the sensation of gently bouncing up and down and this is very relaxing for them. They stay quite happy bouncing for a good 20 minutes, or in the case of my daughter an hour or more. Other babies are very unsure of the instability of the bouncer and will scream to get out. If your baby likes the bouncer, it's yet another way you can entertain your baby on days when you need to give your arms a rest.

Bouncing or vibrating chairs are very soothing for colicky babies. Many babies find the vibrating seat lulls them off to sleep in much the same way a car ride or sitting on the dryer does. Excited babies will do well without the vibrating seat turned on because they can swing their arms around madly and bounce gently up and down in place. The vibrating chairs often have toys to help stimulate the baby enough to keep a colicky baby occupied during a colicky episode. The Fisher Price vibrating chair below is a good choice for young babies.

## **Vibrating Bassinet**

While some parents, express concern about the use of vibrating baby equipment, referencing stories of babies becoming addicted to the motion, I found that the vibrating bassinet kept me from losing my mind with my colicky daughter, and she loved it. The Fisher Price vibrating infant seat was a great start for traveling, but I needed something I could use at home.

That's when I discovered the Fisher Price vibrating bassinet which helped her to sleep more than an hour at a stretch and in fact, it helped her transition to full night's sleep faster. Neither of these items led to a vibration dependency.

Because my daughter didn't sleep much as a newborn was supposed to thanks to the colic, she was often overtired and fussy, needing to be held and cuddled. The vibrating car seat helped her to relax or sleep but still be with me. I found it especially handy when I wanted to take a shower or bath. The baby sat happily in the bathroom with me for 20 minutes and didn't make a sound. It was also one of the few ways I could put her down so that I could do other things like cleaning etc.

She liked the seat so much that I decided to buy the vibrating bassinet for nighttime. Because the vibrating bassinet was so soothing to her, I learned that I could place her in a blanket and put her in it while she was still awake. She would fall asleep and stay asleep for 4 to five hours at first as she was 4 weeks old when I bought it, and as she got bigger, she slept for longer. That meant that she learned early on to fall asleep without my having to hold and cuddle her.

The bassinet runs on a single C battery, so you should be able to get a couple of nights before having to replace it. When it is running, the strength of the vibration will gradually decrease and then stop sometime in the middle of the night while the baby is in it. This was important to ensuring that the baby didn't become dependent on the vibrations for sleep. My daughter learned to sleep without problems, until the baby learned to sleep in the bassinet even after it had stopped vibrating.

When she was 3 months old, I was able to transfer her to a regular crib. She had no trouble falling asleep on her own in the crib and staying that way. I also loved the vibrating bassinet because it was very easy to bring around with me as it folded easily. I honestly think this was the best \$50 I ever spent!!!!

## **GRIPE WATER**

If your baby is suffering from colic you are likely way too tired to think of anything else, but how to stop the baby from crying. You likely already know colic does not have one particular treatment that can cure it. Instead, there are many different treatments that might help like the things I mentioned in this guide.

There is one product that seems to work wonders for all colicky babies that use it and that is gripe water. As soon as you try gripe water for the first time you might be

amazed at how well it works at soothing a screaming baby. However, it is really just some water and herbs that together seem to make a remedy for colic that actually works.

The Europeans developed Gripe water and it has been famous ever since. As new parents find how well it works there will surely be a higher demand for this product than there is now. When all the other remedies and medications don't help your baby the way they could, you can turn to gripe water.

This is simply water mixed with herbs that are designed to help the intestines relax so that a baby can pass gas easier and it really helps to soothe the stomach. The water inside of the bottle is very sterile and fortified with tummy calming herbs like catnip, fennel, chamomile, peppermint, ginger, and a few others.

These herbs are readily available in herbal tea remedies that are frequently given to babies, however I must mention when Gripe water is used the results are just as good and you don't have to prepare it yourself and worry about doses in the mixture.

The herbs in gripe water work for baby colic because the herbs are used to clear up a tummy ache. They make the entire digestive system function better and feel better, too. Sometimes, your doctor will prescribe antacids, gas meds, and reflux medications to help out with a baby's colic, but they don't always work. No matter what the cause is for colic, your baby will respond well to the gripe water.

When you try feeding your baby gripe water you can mix it with your next formula bottle if he doesn't like it outright. Few babies can tell the difference in taste and will eat without knowing that their feelings of gas and colic disappear after eating. Breast feeding mothers having a hard time getting baby to try the Gripe water can try a spoonful in the baby's mouth. You can also place a little bit on a pacifier for shorter episodes or as a quick nighttime aid.

The main benefit of gripe water for treating colic is that it is homeopathic and completely natural, so it is not harmful to the baby. Frequently this remedy works wonders for colicky babies, but it won't be the magic solution for all babies. So, if it works for your baby that is great.

## Complete Ingredients in Gripe Water

### Ginger

Ginger is a natural safe and effective ingredient, which has been used by parents for centuries, to relieve nausea and other digestive problems.

### Fennel

Fennel is another natural safe and effective treatment for stomach upset, hiccups, gas and other conditions with a century's long history of human use. It is recommended by many herbalists. Fennel seed oil is especially effective for relaxing a baby's intestinal tract.

### Sodium Bicarbonate

Sodium Bicarbonate is a common ingredient in food (baking soda), which is commonly used to decrease stomach acidity. Therefore, it is useful for easing the discomforts of colic, which is often associated with stomach discomfort. (14 mg per dose with a maximum 6 doses a day).

### Fructose

Although today many health experts recommend less use of all forms of sugar, they also agree that where sugar is consumed in limited quantities, fructose (a natural sugar in fruits and honey) is a better choice than processed sucrose (table sugar).

**Please note that this ingredient information was brought by**

**<http://www.colichelp.com/shop/gripewater.html>. Also, gripe water no longer contains alcohol as was previously believed and is not harmful or addictive to the baby.**

## Colic Drops

Colic Drops are a great way of trying to find a solution to your baby's constant crying. Many people realize that their baby's colic can be linked to lactase enzyme deficiency which, when added to milk, allows babies with lactase deficiency to be able to drink milk without suffering for it.

By breaking down most of the lactose that occurs in baby's feeding sessions by adding lactase enzyme drops to the milk a number of hours before feeding, the hours of crying can be significantly reduced.

Colic drops also work to make the transition to sleep much easier for the baby and you. Colic drops also help to let the baby sleep longer than he normally would. It is a great way to get the colic to be less painful for you both.

## **WHITE NOISE**

White noise is basically just a combination of all of the different frequencies of sound that you can find. If it's easier, you can think of white noise as 20,000 tones all playing at the same time. Because white noise contains all frequencies, it is frequently used to mask other sounds.

If you are in a hotel and voices from the room next-door are heard in that muffled tone and you try to drown it out with a fan, this sound the fan makes gives out a good amount of white noise. Think of it this way, 1,000 people talking together sounds a lot like white noise because you can't single any of their voices out enough to understand what any of them are saying.

When a colicky baby hears this type of indistinguishable noise, it reminds him of the womb and is very soothing in getting the baby to calm down during an episode. I have included a few CD's that offer white noise that can soothe your colicky baby.

## **Digestible Formulas**

Cow's milk is obviously not a good thing to feed your baby and certainly not to be used as a substitute for breast milk because babies cannot fully digest cow's milk. Feed your baby formula if you don't want to breast feed or can't. In truth, you should make sure that you talk with your pediatrician before choosing a formula because there are several types to choose from these days. Let's look at some of them now which include:

- **Milk-based formula:** This is the most commonly sold kind of formula on the market today and about 80 percent of formula-fed infants drink it. It is based on cow's milk but it has been changed in such a way that makes it safer for the baby and more easily digestible for infants. Most milk-based formulas are fortified with iron.
- **Soy-based formulas:** Some babies have milk allergies or are lactose intolerant which is found in milk-based formulas. When this happens, pediatricians will often recommend feeding your baby a formula that has a soy base instead of the milk.
- **Specialized formulas:** Sometimes babies who are born premature or are born with a metabolic disorder will require a specialized formula that is specifically designed for their needs.

Formulas come in several different types of forms. Some are very convenient while others are cheaper; these formulas include these specific conveniences:

- **Ready-to-use** - This is the most expensive formula out there, but it's also the most convenient and easy to use. This formula needs nothing from you but you're your ability to open it. The formula comes in 4-ounce and 8-ounce

sterilized, disposable bottles that you can use once and throw away. All you have to do is attach a sterilized nipple and it's good to go.

- Ready-to-pour - This liquid formula comes in different-sized cans and you need only to pour it into a sterilized bottle and attach a sterilized nipple.
- Concentrated/powder - This is the cheapest type of formula and is available in either a liquid or powder form. You will get packages and cans that are a lot like evaporated milk cans. These concentrated formulas are prepared by you when you dilute the powder or liquid in a sterilized bottle with sterilized water and then attach a sterilized nipple. When you choose to use this formula, measure the concentrate and the added water carefully as per the instructions, because you want to make sure your baby is getting the right amount of nutrients.

Prepared formula that is leftover can be refrigerated for up to 24 hours before it needs to be thrown away. Most babies are happy with formula that is given to them at room temperature. If your baby prefers warmed-up formula, heat the bottle with the formula already in it by running it under hot water and not heated in the microwave as this can cause hot spots in the formula. Even though the bottle may be cool in your hand, but the formula inside may be hot enough to burn your baby's mouth and throat.

There are three types of baby bottles on the market today, which are: glass, plastic and plastic with disposable plastic liners. Glass bottles are very durable but they are a bit heavier and they can break. Plastic bottles are also very sturdy and are lighter which makes them more portable. Bottles with liners are convenient and help to seal in the formula which makes for less air pockets while drinking, but they can also be expensive to use as you must refill the liners.

You can choose several styles of nipples in either rubber or silicone. You should buy new nipples approximately every three months. As your baby gets older, you will have to buy nipples with larger holes.

Bottles and nipples that your baby uses have to be clean. For that reason, it is recommended that they be sterilized properly before each use. If you have tap water that is chlorinated in your home all you have to do is put the bottles and nipples in the regular dishwasher or use dishwashing liquid and hand wash them with the tap water.

If you don't have chlorinated water in your home, you have to boil the bottles and nipples in a large pot of water for about five to 10 minutes. You don't want to boil it for too long because you may melt the nipples. Below are some tips on how to make feeding time the best it can be when you bottle feed:

- Wash your hands before doing anything.
- Feed your baby in a relaxing place.
- If your baby is not really hungry, take a little extra time to change your baby's diaper as being clean will make the baby more comfortable.
- Find a comfortable position and support your back.
- If your baby is fussing a lot, calm him down first if you can. Trying to feed a cranky baby may lead to your baby getting a tummy-ache.
- Cuddling with your baby is great time to get in some skin-to-skin contact.
- Burp your baby when he is about halfway through the formula in the bottle. Basically, you just need to burp your baby after every 2 ounces eaten.

**Colic Baby Bootcamp - Parent Survival Tips**  
**by Cherie Stirewalt**

Surviving a baby with colic truly deserves an award of some sort. The relentless screaming can really drive you to the edge.

Unfortunately for the parents of a colic baby, most of the focus of surviving is usually geared towards how to relieve the suffering for your baby. But, what about you're suffering?

**Here are some tips on HOW to keep your sanity while enduring a fit of colic.**

1. Buy a baby monitor with lights that indicate the level of noise coming from your baby. Take this monitor with you everywhere, put it on mute and get as far away from the screaming as possible. Physically check on your baby every now and then to make sure everything is alright. When the levels on the lights stop dancing, chances are your baby has calmed down.
2. Put on headphones. Listen to music. Keep the above monitor with you to determine when baby has calmed down.
3. Take a shower. The warm water will relax you, and the noise will drown out the ear-piercing crying.
4. Go for a walk. Exercise is great for alleviating tension and the motion might settle the baby down.
5. If possible, find a sitter and leave. Go shopping, run errands, go work out, go for a walk. Get some distance between you and the baby. Don't leave the baby unattended. Make sure you have a sitter first!
6. Call friends or family on the telephone. Don't bottle up your frustration. Let it out. Complain to your hearts content. Your friends and family will understand and you will feel better.
7. Do something therapeutic with your hands. Paint your fingernails, color in a coloring book, do some housework. Do anything that diverts your attention away from the crying and towards something constructive.

8. Vacuum. The vacuum cleaner will drown out the screams coming from the baby. Also, the frequency of white noise output by a vacuum is particularly effective in calming a colicky baby.

9. Surf the internet. Look up ways to calm a colic baby!

10. Keep telling yourself the colic will eventually go away. Take it day by day and know there IS a light at the end of the tunnel. Colic does not last forever!

Remember, you are not an incompetent parent if you've done everything possible to relieve your baby's colic and you need to step away from the situation for a while. This simply makes you human.

## **Family Guide to Colic**

Colic is hard on the baby and the parents, but it can be equally difficult to the siblings of the baby. If your infant's siblings are teenagers, they can often leave the house or simply occupy themselves when dealing with the colicky baby gets to be too much for them. However, when the baby's siblings are young or toddlers as well, this can be far more difficult.

This section will help you to make colic easier for the other children in the household to live with your colicky baby. We all know how hard it is for young children to meet a new baby, but if the baby is colicky it can produce a great deal of resentment. Here are some tips for making all of these awkward transitions easier for the siblings of colicky babies. Try the following:

- Take the baby into another room so that your other children may avoid dealing with it.

- Give your other child an activity that allows him to remain busy during the colic episode
- Offer your child a reward after each episode such as stickers
- Take special time out of each day to be with the other child so that he doesn't feel left out or resentful
- Let the older child participate in the soothing period for the baby, such as by running the vacuum as this will help strengthen the bond between the siblings,
- When the baby calms down, have a treat with the other sibling or share a moment with them
- If you choose to read to your baby, let the older child choose the story book so that you can read to both children
- Take the baby for a drive with the older sibling and stop by to get some ice cream or something.
- Take both children for a walk if the weather is permitting. You can go to the park and sooth your colicky baby while the older sibling plays with the other kids

## Summary

Anyone that has had a baby, knows that the worst sound that you can hear is them crying. Although everyone knows that all newborns cry and show some fussiness, it is also clear that when a child who is basically healthy cries for more than 3 hours straight during the process of a day, it is more than likely colic that is causing it.

Since these days it is estimated that up to 25% of all babies have colic. It usually starts between the 3rd and 6th week after they are born, and goes away on its own by the time the baby is somewhere around 3 months old. If the baby is still crying to the extreme after that time, chances are that some sort of health problem may be the problem instead.

Here are some of the things that you have learned about colic in this guide. These things are:

- Colicky babies generally have a healthy sucking reflex and a really good sense of appetite and are otherwise healthy and growing well. Sick babies may seem to be colicky but they won't eat very well and they won't have the same strong sucking reflex.
- Colicky babies really enjoy being cuddled and handled. Sick babies are usually uncomfortable when they are handled.
- Colicky babies may spit up a bit, but if your baby is actually vomiting and/or losing weight something is very wrong and this is not a symptom of colic.
- Colicky babies usually have normal stools. If your baby is hard to soothe and has diarrhea or if you see blood in the stool, call your doctor.
- You can use gripe water, vibration bassinets and bouncers to relieve colicky babies
- The do's and don'ts of dealing with colic episodes
- How to properly feed a baby so as to avoid colic

- How to cope for the parents and siblings
- The best items to help you sooth colic episodes
- How to make sleep and nightttime easier for the baby and you!

This all being said, you should have a better idea of trying to decipher if your child actually has colic and not a more serious problem. You should call your doctor if.....

- You are afraid that you are about to harm your baby and/or you can't get any one to help you.
- Your baby has been shaken, has a change in his or her level of consciousness, or gasps, weezes or has signs of severe difficulty breathing.

Call your health professional immediately if your baby:

- Cries in an odd way for a very unusual length of time.
- Has not been diagnosed with colic but cries excessively and also has other symptoms such as vomiting, diarrhea, fever, or blood or mucus in the stool.

Call your health professional and schedule an appointment if:

- Your baby is not gaining weight properly.
- Your baby has no symptoms for it other than crying, but you want to check for health problems just in case.
- You have tried to comfort the baby following the mehtods in this guide repeatedly and have not been able to console your baby.
- Your baby seems to be acting differently, even though you can't identify exactly what concerns you.

## **BOOKS & RESOURCES**

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer by Harvey Karp

Buy new: \$14.00 \$11.20 Used & new from \$6.88

This BOOK WILL help you soothe your fussy baby Tricks and tips to get your baby to sleep more at night Medical problems that can mimic colic

Heartbeat Musical Therapy 1 by Brahms and others and Various

Used & new from \$7.99

Online Baby Video Diary -- Easily save & share every colicky moment

<http://www.stashspace.com/>

Dr. Brown's 8 Oz Natural Flow Wide Neck Bottle, 3 Pack by Dr. Brown's Health & Personal Care

Buy new: \$13.99

Healthy Sleep Habits, Happy Child by Marc Weissbluth (Paperback - April 12, 1999) Books

Buy new: \$14.95 \$10.17 Used & new from \$7.25

You can assume that your baby is getting sufficient sleep. But if your baby cries too much or has colic, you might assist Mother Nature with this book

Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger by Helen Garabedian

Buy new: \$16.00 \$10.88 Used & new from \$7.00

Bitsy Yoga can promote better sleep, improve digestion, ease gas pain and colic

Helping Your Child Sleep Through the Night by Joanne Cuthbertson and Susanna Schevill

Buy new: \$12.95 \$11.01

TO FOUR MONTHS Welcome, New Baby Getting on the Right Track How to Help Your Baby

Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success  
by Suzy Giordano and Lisa Abidin

Buy new: \$18.95 \$12.89 Used & new from \$5.99

Dr. Brown's Natural Flow Newborn Feeding Set by Dr. Brown's  
Health & Personal Care

Buy new: \$17.99

When Your Baby Won't Stop Crying: A Parent's Guide to Colic by Tonja Krautter Buy  
new: \$12.95 \$10.36 Used & new from \$6.50

When Your Baby Won't Stop Crying: A Parent's Guide to Colic by Tonja Krautter  
Buy new: \$12.95 \$10.36 Used & new from \$6.50

Baby's Bliss Gripe Water 4 oz. by Baby's Bliss  
Health & Personal Care

Buy new: \$11.99 \$8.50 Used & new from \$8.45

The Happiest Baby "Super-Soothing" Calming Sounds CD by M.D. Harvey Karp (Audio  
CD)

Used & new from \$10.80

## **ONLINE DIRECTORY**

This directory is here to help you find online resources for your baby's needs. This directory is here to help you with colic and for fun I threw in a couple that have nothing to do with colic, but will still be great for baby.

### 1. Colief Infant Drops

A new safe & natural approach to infant colic

URL: <http://www.colief.com/>

### 2. Halo Innovations Inc.

Dedicated to creating a healthier and safer sleeping environment for adults and children.

URL: <http://www.halosleep.com>

### 3. Centrum Children

Children's Vitamins Wyeth Consumer Healthcare

URL: <http://www.centrum.com/childrens/index.asp>

### 4. Cozy Crib Tent and Cozy Playyard Tent

Protect you child by keeping them securely in their crib or portable crib and by keeping unwanted pets and animals out.

URL: <http://www.ezcom.com/tots.htm>

### 5. Tana Lucia Creations

Weighted products for special needs children with developmental delays which affect sensory input processing - patented lap weights by TLC - autism, ADD

URL: <http://www.lapweights.com>

#### 6. Play Fence

Portable child safety products from the makers of Baby Barrier Pool Safety Fence. Used indoors or out, for infants, toddlers, or pets.

URL: <http://www.playfence.com>

#### 7. Atopic & Pictogram

Fun tee-shirts for children with a food allergy. Original pictograms show the food to be avoided.

URL: <http://www.atopicpictogram.com>

#### 8. Butt Balm Diaper Rash Ointment

Butt Balm diaper rash ointment, natural healing creme, for, bed sores, decubitis ulcers, cure for many skin ailments and conditions.

URL: <http://butt-balm.com/>

#### 9. Colic Comfort

Stop the crying and the tears. A tape cassette like no other. The sound of a running vacuum cleaner proven to be 100% effective in hospital nurseries around the country.

URL: <http://www.coliccomfort.com>

#### 10. How to Help Your Crying Baby

Quick relief for crying babies, newborns, premature babies, fussy infants, or sleepless toddlers with our baby colic and baby sleep products.

URL: <http://www.slumbersounds.com>

#### 11. Colic Relief Formula

Babies will cry no more! Colic Relief Formula relieves the constant crying, and the inconsolable abdominal pain in babies caused by the digestive condition known as Colic

URL: <http://www.coliccure.com>

#### 12. Infant colic relief

Colic relief. The natural way to ease the pain of colic in your baby.

URL: <http://www.colic.tv>

#### 13. Snow Balm

A superior rash ointment designed to help sooth and protect against the most stubborn rash incidences, while still being gentle enough not to irritate sensitive individuals.

URL: <http://www.snowbalm.com/>

#### 14. Protect-A-Bub baby products

Once upon a time there was a mother concerned about her new baby being exposed to the harsh Australian Sun.

URL: <http://www.protect-a-bub.com.au>

#### 15. RubyStone Safety Product

Baby Monitors and Nanny Cams

URL: <http://www.rubystone.com/>

#### 16. Safe & Sound home

Safe & Sound home safety and security products to protect families, children and seniors.

URL: <http://www.123safe.com>

17. Cot Life 2000 aims to eliminate cot

Provides the definitive answer to the cause of cot death (crib death, SIDS) and explains how cot death can be eliminated.

URL: <http://www.cotlife2000.com/>

18. Perfectly Safe

Offering child safety products to childproof every room in your home, car, outdoors, and on the go.

URL: <http://www.perfectlysafe.com>