

Colic

Colic is a condition unique to the newborn. It is typically associated with crying and fussiness usually in the evening hours that begins at about two weeks of age and occurs several times a week. During these periods, which last for a few hours at a time, your infant may seem inconsolable. Usually resolving at about three months of age, it is often a very frustrating and tiresome problem for many parents.

Infants with colic may appear to have abdominal pain (passing gas and drawing their arms and legs up), but the cause of colic is unknown. Occasionally infants may have other causes of colic-like symptoms such as reflux disease or milk allergy, but often the pattern of symptoms will help to distinguish these illnesses from colic.

While colic will resolve by three months of age without any intervention, there are a few actions parents may take to help with symptoms of discomfort.

- 1) Avoid overfeeding your infant.
- 2) Swaddle your infant by wrapping him in a blanket.
- 3) Rock or walk your infant as the motion will help to soothe colicky babies.
- 4) Try a pacifier
- 5) Take turns with your spouse caring for the colicky infant

Call the doctor if:

You feel that your frustration is overwhelming.

Your infant has colicky symptoms all day.

Your infant has a temp greater than 100.4 and he is less than 2 months old.



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