

DEALING WITH COLIC

It is thought that colic is caused by trapped wind or cramps, however no doctor or health professional can agree to an official cause.

What are the signs of colic?

There are a few symptoms to look out for, these include persistent crying, back arching, drawing knees up to the chest, the stretching of legs and looking very red faced.

What can I do to help?

There are a few natural routes you can try to alleviate colic, such as baby massage, a warm bath, osteopathy, or very weak, warm chamomile tea. You can also try some over-the-counter remedies. Some parents have been known to purchase lactose-free milk to help, but this will make no difference as colic has nothing to do with lactose.

How can I ease the crying?

When the crying is in full flow, grab a mirror and place it in front of your baby. Put the sole of baby's naked left foot on the mirror, the cool should instantly stop the crying, then allow baby to focus on their reflection.

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