



Colic affects as many as 16% to 26% of newborns in the first months of life.

What can I do when I feel frustrated with my baby?

Colic can be very frustrating for parents. Babies who don't stop crying can be hard to care for. Any time you feel tired and frustrated, get someone else to watch your baby for a while.

If you can't find anyone to help you, try going into a nearby room and watching TV or listening to the radio. Make sure your baby will be safe. Be sure you give yourself time away from your baby so you don't get too frustrated.

What causes colic?

No one is sure what causes colic. Babies with colic are healthy, so it's not caused by a medical problem. Colic isn't caused by the way the baby is handled or treated. It's certainly not the parents' fault. Colic may be caused by stomach pain or the baby's temperament. Babies with colic seem to need more attention and are more sensitive to the things around them than other babies.

What can you do?

A 2002 review compared clinical trials of effective treatment approaches. Dietary intervention showed a great deal of promise. For breast feeding mothers, a low hypoallergenic diet free of milk, eggs, wheat and nut products reduced the length of time that their babies experienced symptoms. Other studies suggested that when breast feeding mothers ate fruit or chocolate, their babies' colic symptoms were more frequent. They also found that symptoms were reduced when babies were fed soy formula instead of regular formula.

Research suggested that using a car ride simulator did nothing to soothe colic symptoms. There was evidence, however, that reducing stimulation did relieve symptoms especially in milder cases of colic.

The good news is that colic, which may occur between the 3rd and 6th week after birth, usually ends when the infant is 3 months old. If your baby is still colicky after 3 months of age, he or she may be experiencing a reflux disorder. Your pediatrician will guide you to treatment options.

Sources: American Academy of Family Physicians; A Systematic Review of Treatments for Infant Colic, Pediatrics 7/06