

SURVIVING COLIC

Colic is when a healthy baby cries for long periods without any obvious reason. It usually starts around 2-3 weeks old and can last until about 3-4 months. It's not forever, I promise!

SIGNS OF COLIC

Crying for hours, usually in the late afternoon/evening, with clenched fists, arched back, or pulled-up legs.

COMFORTING TECHNIQUES

- Gentle Rocking: Hold your baby close and rock them side to side or back and forth.
- Tummy Time: Supervised tummy time can relieve gas.
- Warm Baths: A warm bath can help relax your baby.

FEEDING TIPS

- Frequent Burping: Burp your baby during and after feedings.
- Adjust Feeding Practices:
- Breastfeeding Moms: Adjust your diet.
- Formula Feeding: Try a different formula.

CREATING A CALM ENVIRONMENT

- White Noise: Use a white noise machine or soft sounds.
- Swaddling: Swaddle your baby to mimic the womb.
- Dim Lighting: Keep the lights low to create a serene atmosphere.

TAKING CARE OF YOURSELF

- Ask for Help: Lean on family, friends, or professionals.
- Take Breaks: Step outside or nap while someone you trust watches the baby.
- Stay Calm: Take deep breaths and remember this phase will pass.

