

The 10 Causes of Colic and How to Help

Colic is a common problem for newborns, affecting up to 25% of infants. It is characterized by excessive crying, fussiness, and gas. Colic usually begins around 2 weeks of age and peaks at 6-8 weeks. It typically resolves by 3-4 months of age.

The exact cause of colic is unknown, but it is thought to be related to a combination of factors, including:

- **Gas and indigestion:** Colic is often caused by gas and indigestion. This can be due to a number of factors, such as:



Calming Colic: How to help the 10 causes of colic

by Christian Bates

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- Overfeeding
- Formula feeding
- Allergic reactions

- Lactose intolerance
- Constipation
- Diarrhea
- **Reflux:** Reflux is a condition in which stomach contents flow back into the esophagus. This can cause pain and discomfort, and can also lead to colic.
- **Allergies:** Allergies can also cause colic. Common allergens include milk, soy, eggs, and wheat.
- **Lactose intolerance:** Lactose intolerance is a condition in which the body cannot digest the sugar in milk. This can cause gas, bloating, and diarrhea, which can lead to colic.
- **Caffeine:** Caffeine can pass through breast milk and can cause colic in babies.
- **Smoking:** Smoking can also increase the risk of colic.

There is no cure for colic, but there are a number of things you can do to help relieve your baby's discomfort. These include:

- **Burping your baby:** Burping your baby after each feeding can help to release gas and prevent colic.
- **Massaging your baby's tummy:** Massaging your baby's tummy in a clockwise motion can help to relieve gas and promote digestion.
- **Using a warm bath:** A warm bath can help to relax your baby and relieve gas.

- **Swaddling your baby:** Swaddling your baby can help to create a sense of security and comfort, which can help to reduce crying.
- **Eliminating allergens:** If you think your baby may be allergic to something, you can try eliminating potential allergens from your diet or your baby's formula.
- **Giving your baby probiotics:** Probiotics are live bacteria that can help to improve digestion and reduce colic.
- **Using a gripe water:** Gripe water is a traditional remedy for colic that contains herbs that can help to relieve gas and indigestion.
- **Seeking medical help:** If your baby's colic is severe or does not improve with home remedies, you should seek medical help. Your doctor may recommend a prescription medication or other treatments to help relieve your baby's discomfort.

Colic can be a frustrating and challenging experience for both parents and babies. However, by understanding the causes of colic and following these tips, you can help to relieve your baby's discomfort and make this difficult time a little bit easier.



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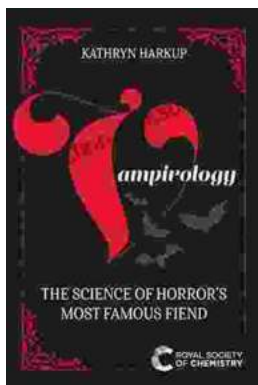
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