Colic

Colic is unexplained crying in infants. It can last for up to two hours or more and may happen several times a day. Babies with colic are healthy (not sick or in pain), not hungry and are content between crying times. Colic usually begins during the first month of life and ends between three and six months of age.

Coping with colic:

1. Try cuddling and rocking your baby during crying times.
2. Try to find the position that is most soothing to your baby. Try any of these ideas:
   - Infant seat
   - Front baby carrier or sling
   - Baby swing
   - Stroller
   - Riding in the car
   - Walking with your baby
3. Repetitive, soothing sounds such as music, vacuum cleaner, clock ticking or clothes dryer may comfort your baby.
4. Try anything else that may be helpful such as a pacifier, warm bath or massage.
5. Promote nighttime sleep. Wake your baby every three or four hours during the day to feed or play with him.
6. It’s okay to let your baby cry himself to sleep. Wrap (or swaddle) your baby in a blanket and put your baby on his back in his crib or bed. Check on your baby every 15 minutes until he goes to sleep.
7. Get rest and help for yourself. Try to nap when your baby naps. Get a friend or family member to help with chores and caring for your other children or the baby.

Call your child’s health care provider or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your baby has a fever, diarrhea or vomiting.
- Your baby cries constantly for more than two hours or you cannot find a way to soothe your baby.
- Your baby’s cry changes and it sounds weak or painful.
- You are afraid you might hurt your baby.
- You have other questions or concerns.

REMEMBER: Colic does not last forever, it just seems like it.