

I. When does colic most often take place ?

- Colic mostly occurs in babies between 10 days and 3 months old. About 20% of the babies suffer from colic from the 2nd to the 4th week after birth with the incidence peaking on the 6th week.
- Babies with colic will cry in the evening or at midnight. Though feeling hungry, they refuse to be fed. Their faces are red due to crying. They will also raise their thighs high apart.
- It may be difficult to comfort babies crying because of colic. The pain may last for 3 hours and gradually decreases to 1 to 2 hours a day until your baby turns 3 to 4 months old when symptoms may start to disappear. Symptoms in the longest

case will last till the baby becomes 6 months old.

II. Causes of colic :

- Colic occurs in babies for unknown reasons. There may be some kind of stimulation in babies' emotions that cannot get comforted. It may also be due to the immature nervous or gastrointestinal system of babies.
- A few cases of colic may be caused by milk protein allergy. Importantly, colic needs to be identified with other acute diseases including hernia.
- When colic occurs in babies, a pediatrician will first confirm whether babies are crying due to other diseases that need to be treated.

III. How to ameliorate colic ?

- As for feeding, breastfeeding mothers may try to reduce the consumption of dairy products, caffeine, onions, cabbage and other food that will cause colic. For babies fed with formula milk, you can discuss with your doctor about the need to change the type of food.
- Do not feed your baby too much. Try to make feeding intervals to at least 2 to 2.5 hours.
- Walk with your baby to comfort him.
- Comfort your baby tenderly. Take him to another room without anybody in. Let him listen to some soft music to calm him .



- A pacifier may comfort him/her if he/she is willing to use one.
- Let your baby lie on his stomach on an adult's thighs and pat his back
This will add pressure to his abdomen and make him feel more comfortable.
- Overwrapping is not advisable. Be careful when wrapping your baby with a big and/or thick blanket. Make sure that baby's nose and mouth are not covered.
Overwrapping may give rise to false "fever".



(Picture taken from the Internet)



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How To Care for Infant Colic

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