

Articles



Congratulations on taking the first step to help your colicky baby!

This is a simple colic fact sheet to give you more information about colic- I hope you find it useful.

- Colic is one of many possible conditions characterized as “unsettled baby” behaviour.
- Colic often causes unexplained uncontrolled crying for hours at a time and cannot be settled by regular comforting routines such as feeding and cuddling.
- The crying can be so severe that it can affect mother and baby bonding and can be a factor in Post Natal Depression.
- Other colic symptoms include babies drawing their clenched fists and legs towards their chest, arching the back and stiffening through the mid-section. Babies often wriggle and squirm and grunt – even in their sleep! They can let out random screams of pain and they pass a lot of painful wind. They are also often gassy and bloated.
- Colic and reflux are two different conditions. They may be confused with each other and sometimes they can occur together.
- Up to 40% of babies born in Australia may suffer colic symptoms within their first few months of life. This increases to 70% following a Caesarian birth.
- Colic causes unhappy babies, anxious exhausted mums and fractured families.
- There are many theoretical causes of colic - we believe it is caused by immature gut. When babies are born they have very little digestive bacteria and this develops over time. However when the digestive system is not coping, undigested milk flows into the bowel and ferments which causes pockets of gas. As the gas travels through the bowel it causes pain and discomfort – hence the colic symptoms.
- There does not appear to be any difference between the numbers of colicky babies who are breastfed or bottle fed.
- Colic is NOT an illness. Apart from the colic symptoms, the babies are usually otherwise healthy – feeding, growing and developing well.
- Colic, untreated, will eventually settle down at about 12-16 weeks of age however there is no need for mothers and babies to suffer these terrible bouts of crying.
- Commercially available proprietary products for colic do not work in most cases as they are designed to help tummy gas and colic gas is trapped further down in the digestive system.

- We recommend Qiara probiotics to help mature the digestive system and promote immunity. Qiara contains the naturally occurring probiotic in human breast milk.
- Treatment of colic can be multi- faceted with probiotics, lifestyle, behavioural and nutritional changes all playing a part.
- Colic affects the sleeping patterns of everyone involved and this can be the biggest challenge of all. When the baby sleeps well, everyone else catches up on sleep and the family can return to normal.

Kind regards,

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