

Coping with Colic

Does your baby cry nonstop at regular times of the day? If he or she cannot be calmed, your baby may have **colic**. This condition can last 2 to 3 months. After that, colic tends to stop on its own. To help you and baby cope, try these tips:

Don't Worry About Spoiling Your Newborn

The feel and scent of a parent brings special comfort to a baby. Touch tells your infant he or she is not alone. Try these hints when baby is crying:

- Use music and motion. Sing and sway.
- Gently stroke your baby's back or head.
- Massage your baby's arms and legs.
- Let your baby hold or suck your finger.
- Offer a feeding. It may stop a newborn's tears.
- Stay calm. The baby can sense your moods.



When Cries Don't Stop

- Carry your baby in a sling or in a front pack.
- Give baby a breath of fresh air. Take your infant outside. Walk around a bit. If it's cold, make sure you're both bundled up.
- Most babies like motion and background noise. Take baby for a ride in the car. Or run a vacuum cleaner or a clothes drier so that baby can hear it.
- Put baby down for a rest. Leave the room, but listen outside the door. If the cries start to lessen, your little one just needs some time to settle.
- If baby's constant crying makes you angry or very upset, get help. Ask your partner, a friend, or a family member to watch the baby. Then take time to calm yourself. You may want to talk with your doctor for support.
- Take care of yourself so you can care for baby. Eat healthy foods and nap when baby sleeps.
- Contact the hospital, new parent groups, or a lactation consultant for advice.

