Colic

An otherwise healthy baby that is considered to have a colic cries for at least three hours a day, three days a week for more than three weeks. Colic spells can range from fussiness to extreme screams. Between these spells, the baby acts fine. The cause of colic is unknown.

HOME CARE

- If you are breastfeeding, **do not** drink beverages with caffeine (tea, coffee and pop).
- Burp your baby after each ounce of formula. If you are breastfeeding, burp your baby every 5 minutes.
- Always hold your baby while feeding. Allow at least 20 minutes for feeding. Keep your baby upright for at least 30 minutes following a feeding.
- **Do not** feed your baby every time he or she cries. Wait at least 2 hours between feedings.
- Check to see if your baby is positioned in an uncomfortable way.
- Check to see if your baby is too hot or cold, has a dirty diaper, or needs to be cuddled.
- Try rocking your baby or taking your baby for a ride in a stroller or in the car.
- Try using a sound machine to calm your baby.
- In order to help your baby sleep at night, **do not** let your baby sleep more than 3 hours at a time during the day. Place your baby on their back to sleep. **Never** place your baby face down or on its stomach to sleep.
- Ask for help. If you are getting stressed out, put your baby in the crib where it will be safe and leave the room to take a break. **Never** shake or hit your baby.

GET HELP IF:

- Your baby seems to be in pain or acts sick.
- Your baby has been crying constantly for more than three hours.
- Your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.

GET HELP RIGHT AWAY IF:

- You are afraid that your stress will cause you to hurt the baby.
- You have shaken your baby.
- Your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

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