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Colic: Remedies That Work

- Decrease the intake of milk or milk products in your diet if you are breastfeeding your baby. Trial use of soybean formula may be recommended if your baby is bottle fed.
- Borrow or buy a front carrier. The combination of swaddling, body contact and gentle motion it provides puts many fussy babies right to sleep.
- Take the baby for car rides. For some reason colicky infants seem to respond to vibrating motors. The same effect can be achieved by placing baby on top of a running dishwasher, washing machine or dryer. **NEVER LEAVE YOUR CHILD UNATTENDED.** A similar effect can be achieved by running the vacuum cleaner.
- Walk the baby face down, placing the baby's body across your arm with your hand under the abdomen to apply gentle pressure.
- Try a wind-up swing, preferably one that runs 20 minutes before rewinding is required. This can sometimes allow you to get through dinner.
- Take the baby outside. Many infants' moods change dramatically once they are in their new surroundings, especially outdoors.
- If baby appears to be having abdominal cramps, apply warm wash cloth or lukewarm water bottle with a soft cover.
- Don't hesitate to introduce a pacifier. The sucking often helps.
- Swaddle the infant tightly with a soft blanket. This is especially effective with hypersensitive infants who are startled by their own jerky movements.
- Buy and play a record of a mother's heartbeat as heard in the womb.
- Rub the baby's tummy; experiment with massage techniques.

- Avoid jostling or playing vigorously with your baby right after feedings.
- If you are nursing, avoid gassy foods like beans, bran and broccoli.
- If your baby is bottle fed, make sure the bottle's nipple is not too big (causing your baby to eat too fast) or too small (causing your baby to gulp air).
- Burp every 3 to 5 minutes during feedings or between breasts.