

Colic Babies - How to Stop the Crying

It's never fun to hear a baby cry. Sometimes you know exactly what the problem is, and can fix it right away. With colic babies, you don't always know what the problem is. You just know they start crying early evening, and just keep going. What can you do to soothe the crying and keep your sanity? If you need some help fast to stop your baby's crying, here are some techniques you can use right away to soothe your colicky baby. White Noise MP3 Download Renowned expert in child development, Dr. Harvey Karp, (also author of *The Happiest Baby on the Block*), suggests playing white noise can be very beneficial to soothing a baby's nonstop crying. If your baby is in distress from colic, playing a vacuum cleaner sound or a hair dryer sound reminds your baby of the noises she heard while in the womb. Since the time in mom's tummy was a happy time for baby, usually, playing the white noise sound is like flipping a switch on baby's crying. You can see a [video of a parent playing white noise for their baby here](#). The results are pretty impressive. You can readily find a [white noise mp3 available for download](#) on the internet. This particular one is free to try. If you are unable to download a white noise mp3 right now, there are household appliances that can also calm down your colicky baby. You can try any of the appliances listed below to see if they help. Fan Washing Machine Dishwasher Static on the Radio Hair Dryer or Vacuum Cleaner If any of these work, don't keep running the appliance every time your baby cries! You'll wear out the appliance motor. Also, you want control over the volume and the length of time your baby listens to the white noise. The better solution is to find a white noise cd or white noise mp3 with the sound that works best for your baby, or find a white noise mp3 to download. Move It! Colic babies seem love being on the move. While in the womb, mom was probably in motion most of the day. That jostling was a comfort to baby then. So, it's natural it would be a comfort to them after being born. Why do you think babies love swinging and rocking so much? For colicky babies, this is especially true. To ease crying quickly, you need to recreate the conditions your baby experienced while in the womb. Getting them moving is a great way to start. Try some of the things listed below. put them in a baby swing wear them in a baby sling or carrier take them for a ride in a stroller take them for a ride in a car The Burrito Wrap Have you ever noticed, when you are first introduced to your baby in the hospital, they are wrapped up like a burrito? This burrito wrap is called swaddling. And colic babies love to be swaddled. The confined, tight feeling, again, reminds baby of being in the womb. See the pattern that's going on? The more baby is reminded of being in the womb, the calmer they become. You can easily learn to [swaddle here](#), so you can incorporate it into your everyday routine. Gripe Water Colicky babies are sometimes gassy babies. The gas is painful and causes baby to cry. Gripe water is a holistic formula for busting up baby gas. Some brands, such as Woodward's Gripe Water, have been around for over a century and are a trusted colic remedy around the world. Popular U.S. brands, such as [Colic Calm](#), contain the types of herbs and extracts people have used since ancient times to relieve pain associated with digestive discomforts. Usually, gripe water ingredients include well-known gas-busters such as, fennel, peppermint and ginger (to name a few). To find out more about gripe water, visit this [gripe water review](#) site to find the best brand.

About the Author

Want more ideas on dealing with [colic babies](#)? Be sure to download your [free white noise mp3](#) to get started on stopping your baby's colic today!

Source: <http://www.colic-baby-bootcamp.com>