

## Tips for Identifying Baby Colic Symptoms

Identifying a baby with colic can be difficult. Every baby will cry at some point in time but how much crying is too much crying? Well, if you have dealt with a colicky baby than you know that even after you have run through every possible reason that the baby might be crying, the baby will continue to cry. There are, however, a few signs that you need to recognize in order to tell if your baby is suffering from colic. The first sign has already been mentioned and it is probably a no brainer. Your baby will cry. But this crying is much different than a baby that is crying because of a bottle or crying because they are sleepy. A colicky baby will cry constantly, consistently and considerably. These are considered the three C's of colic. This crying will persist, often in excess of three hours. But don't confuse just one episode of constant crying for a colicky baby. A baby suffering from colic can have multiple episodes per week. Also, don't confuse a small whimper for extended periods of time with colic. A colicky baby will cry out with a great deal of strength. You may be able to distinguish this type of cry from a normal cry by judging the volume and length of time. Beyond the three C's there are still other ways that you may identify colicky babies. A baby suffering from colic will often enter into crying fits after eating. This crying fit will often occur during the last meal of the day. Monitor your baby and try to notice if he/she is fine throughout most of the day but starts to cry during the last few hours of the day. This may be a sign of colic. This crying that happens later in the day will usually prevent the baby from falling asleep. It is also important to keep a journal of your baby's behavior in order to pinpoint whether colic is present or not. Jot down what types of movements your baby makes during the crying fits. A colicky baby may clench the hands and feet. Is it also possible that the circulation in the baby's body may be compromised. Make it a point to touch the hands and feet of a baby who could possibly be suffering from colic. If the circulation does suffer as a result of colic, the hands and feet of the baby may become slightly colder than the rest of the body. Colic can be extremely difficult to diagnose, but if you pay attention to the symptoms and keep a detailed journal you should be able to discern a colicky baby from a normal crying baby.

## About the Author

Learn much more about baby colic at <http://www.babycolicremedy.net> including holistic cures for colic. Also, learn how some use massage as a baby [colic remedy](#).

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