

## Colic, Crying & Babywearing

Extreme crying, colic. Those words seem to strike fear in every mother to be. Why are mothers in western culture so afraid of a supposed common problem, one which babies in other cultures seldom, if ever experience?

First let's define it:

An infant between 2 weeks and 4 months of age with bouts of crying that occur 3 times a week for greater than 3 hours a day and lasting 3 weeks. Now, some baby colic symptoms:

- \* Excessive crying and the appearance of being in pain.
- \* Crying may be sudden and last for greater than 15 minutes.
- \* Difficulty consoling infant.
- \* Poor sleeper.
- \* Acts like they are starving, will then suck vigorously for a few seconds, only to spit the nipple out and scream.
- \* Passes a lot of gas.

Colic is hard to pin-point and difficult to treat with western medicine. I know how difficult colic in an infant can be. I am not a medical doctor and I cannot cure colic. I am a mother of two and have dealt with a majority of the issues I cover in my parenting articles. I don't know if your baby has what is termed &quot;colic&quot;. But I know you are concerned about your baby and I want to give you some ideas, mother to mother (or father!).

You're imagination is a beautiful place, let's start there:

Indigenous, primitive, native, hunter-gatherer societies. Conjure up a picture. Do you see native peoples living in huts, tepees, or igloos, clad in loin-cloths, beads, animal furs? Naked children running around. Women grinding wheat, carrying water, weaving, beading, nursing, working, laughing.

Men hunting, crouched low, noiseless, making their way through the forest, jungle, across the plain or ice. Intent upon providing the next meal for their families. I am not trying to be stereotypical, this is what I see and it is a peaceful, beautiful picture to me.

What do you hear? Chatter in a different language, children laughing, feet stomping, singing, shouts of glee over the successful hunt.

Do you hear crying? Do you hear unmanageable crying? I don't think you do. Why not? I think it is because you know, from eons of history running through your veins that it wasn't happening. Look again at your scene. There are babies in the scene and they are being worn by their mothers, sisters, grandmothers, aunts and the like in all sorts of infant carriers; baby slings, wraps, pouches, cradle boards. Some are awake, some are asleep.

They are living and observing contently and alertly the world in which they will soon play an integral part. The people are wearing their babies and responding to them because that is what their instincts tell them to do. They feel, just like you do, that ache in their chest when a baby cries. And they haven't been conditioned by their society to ignore it. They aren't being told such things as:

- \* make your baby understand who is boss
- \* your baby is manipulating you if you go to her every time she cries
- \* if your baby is fed and dry there is nothing she really needs

Human touch is vital to development and contentment. Have you ever fallen in love? What did it feel like when your lover touched you, just your hand, or held you tight and close? It felt like everything was right in the world. Like you never wanted it to end. Hence the phrase &quot;freeze a moment in time.&quot;

The environment of the womb was perfect. Your baby was constantly hearing you, smelling you and all of her needs were provided for instantly. Newborns have no sense of time or hope for that matter. They live in a constant state of now. When you are holding your baby all is right in the world for her. When she is alone, wrapped in a blanket in a plastic shell she has no concept of you returning.

Wearing your baby can prevent unmanageable crying. When your baby is that close to your body, and you are so in tune with her she has no need to cry.

As I said before, colic is hard to diagnose, but there are a lot of things you can do to help your baby if she is experiencing symptoms.

1. Wear your baby in a baby sling, motion seems to help and it's a lot easier than driving around in the car all night.
2. Allow your baby to eat or just suckle at the breast.
3. If you are breastfeeding look at your diet, are you eating something that might be bothering your baby's tummy?
4. If you are bottle feeding, might your baby have a problem with the formula?
5. Rub baby's tummy or back.
6. Take a bath together; warm water can calm you and baby.

All in all - know that your baby wants to be with you. Embrace the awesome position you hold in his life. [Get yourself a baby sling](#) or another carrier (baby slings are my favorite). They are comfortable, versatile, beautiful and most times affordable.

You have the most awesome job on earth, the rearing of the next generation. Help create peace in the world. Start in your home!

### About the Author

Emmy lives in Eau Claire, Wisconsin with her husband and two children, soon to be three! She is the owner and author of Babywearing Central, a website exploring babywearing around the world as well as classic parenting issues and babywearing as a tool for peaceful, healthy living. You can find her website at [www.babywearingcentral.com](http://www.babywearingcentral.com).

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