

Five Tips for Surviving Colic

- Surviving colic is a goal of a lot of new parents. It is estimated that over 20% of children experience colic. Here are some tips for making it through.
1. Understand what colic is. Colic is described as uncontrollable, long-periods of crying in a baby who is not hungry or wet and otherwise should be content. While it is true that every baby cries, some little ones cry for more than three hours a day, three to four days a week. Then it is colic.
 2. Don't blame yourself. Although some uninformed people may tell you otherwise, colic has nothing to do with your ability as a parent. Colic happens even to the most loving and attentive parents.
 3. Don't blame your diet. If you are breastfeeding, don't blame your diet. In the past colic was thought to be related to the digestive system, but there is little evidence that this is actually true. Although occasionally you may find a food that makes your baby more fussy, colic has more to do with a combination of the baby's temperament and an immature nervous system than anything else.
 4. Take a break. Even if you are the only one caring for the baby, take a break from trying to please her for a few minutes. Lay her in a bed or a safe place and walk away for a couple of minutes to gather yourself together once in a while. Try asking a friend to help care for the baby for even an hour, because it is important for parents of colicky babies to take time for themselves.
 5. See the "light at the end of the tunnel." Most cases of colic last about 3 months, but almost never last more than a year. So although it may be frustrating and stressful now, a sweet child will emerge before you know it.

About the Author

Sheri Lynn is an editor for "Breastfeeding Magazine" a great online source for breastfeeding support and encouragement. For more information, visit <http://www.breastfeeding-magazine.com>

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