



March is
COLIC
awareness month



Dr. Greene's 10 Tips to Reduce Colic

- 1 MOTION** Some families report relief with gentle movement, whether from a swing, a car ride, a ride in a jog stroller, or a parent's arms.
- 2 MASSAGE** Baby massage in general and belly massage in particular. A warm bean bag can be a nice tool for this. Some babies are helped with the addition of one of the infant vibrating products during massage.
- 3 CHANGING MOTHER'S DIET** For breastfed babies, eliminating certain foods could help. Cow's milk, eggs, nuts, or wheat are the most likely to make a difference – especially if there is asthma, eczema or allergies in the family.
- 4 CHANGING TO A HYPOALLERGENIC FORMULA** For formula-fed babies, the switch is sometimes powerful.
- 5 CHANGING BOTTLES** Bottle changes can produce improvement in colic. In a recent survey, over 90% of Moms agree that Born Free® Bottles rank better in helping to reduce all colic symptoms compared to their current bottle system.
- 6 CHANGING FEEDING TECHNIQUE** Switching from nursing at both breasts at each feed to prolonged emptying of one breast cut colic in half in one study. Sucking on a pacifier or thumb between feeds can help whether a baby is breast or bottle fed. Frequent burping after feeding can also help.
- 7 SOOTHING NOISE** Heartbeat recordings, white noise machines, recordings of babies yawning, or the gentle voices of parents sshing, humming, or singing a lullaby.
- 8 HERBAL REMEDIES** Chamomile, fennel, and balm mint each decrease intestinal spasms and have been shown to reduce colic in some studies. But be sure not to give enough tea to decrease a baby's intake of milk.
- 9 PROBIOTICS** Compared to placebo, taking beneficial bacteria reduces crying for some.
- 10 SWADDLING** Being wrapped snugly comforts some babies.

Alan Greene, MD FAAP, August 3, 2011
Dr. Greene is a consulting Pediatrician for Born Free.
www.drgreene.com/blog/2011/08/03/tips-reduce-colic

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