

A woman with long brown hair, wearing a light-colored blouse, is sitting on a couch and holding a baby. The baby is wearing a pink and white floral onesie and is crying with its mouth open. The woman has her hand on her forehead, looking down at the baby with a distressed expression. In the background, there is a wooden table with a stack of books on it.

# COLIC & REFLUX MASTERCLASS

*With Rebecca Palmer*

# WHAT IS COLIC?

- Rule of 3 (Wessel 1954)
  - 3 hours a day
  - 3 days per week
  - 3 weeks or more
- What is excessive crying? (Wolke 2017)
  - Babies 1 to 2 weeks old cry on average 2 hours a day
  - Crying peaks at 6 to 8 weeks
  - Decreases at 10 to 12 weeks to 65 minutes a day

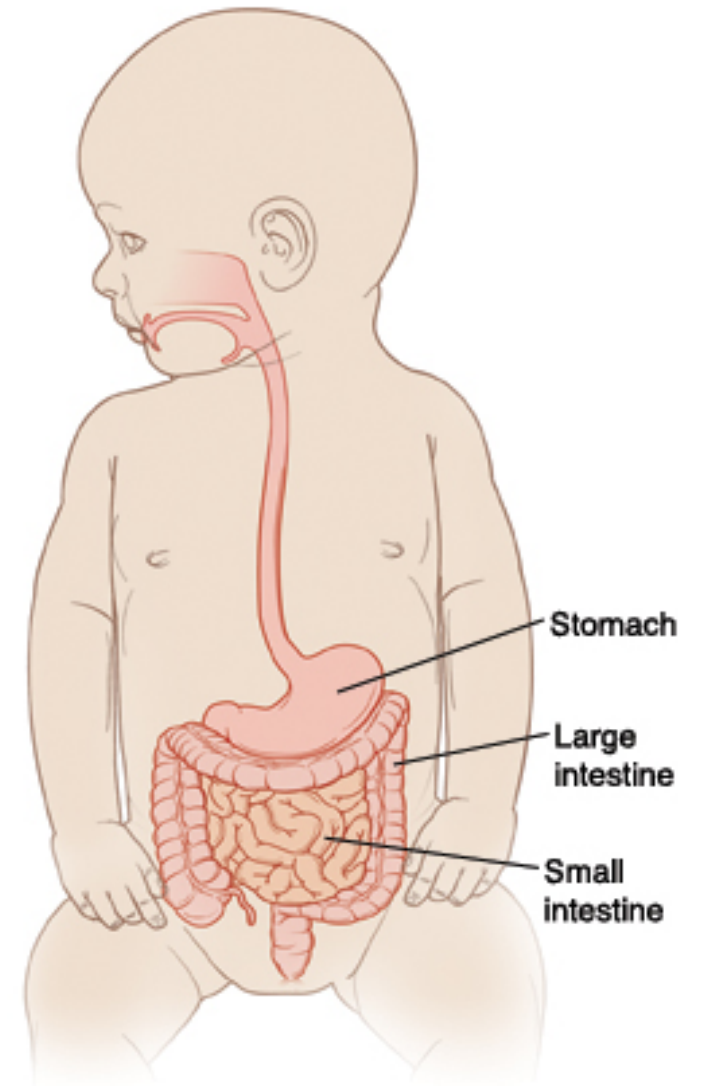


# THE COMMON TRIGGERS

- Trapped Wind & Gas
- Lactose Intolerance
- Allergies
- Altered Gut Microbiome
- Reflux
- Fourth Trimester
- Overtiredness/Overstimulation
- Environmental Issues
- Tongue-Tie

# TRAPPED WIND & GAS

- Commonly caused by an intake of air
- Fermented milk causing gas
- Immature digestive system
- Burping techniques essential
  - Wonky Winding
  - Indian bouncing
- Baby massage & yoga an essential tool for parents
- Infacol/Dentinox/Gripe Water



# LACTOSE INTOLERANCE

- Symptoms include;
  - frequent loose stool
  - frothy or green stools
  - explosive stools
  - nappy rash
  - frequent crying
  - trapped wind
  - bloated/distorted tummy
- Secondary lactose intolerance
  - Damage to the villi to the intestines
- Transient lactose intolerance
- Lactose overload
- Lactase Enzyme Drops (Kanabar 2007)
  - Colief
  - Co-Lactase Drops



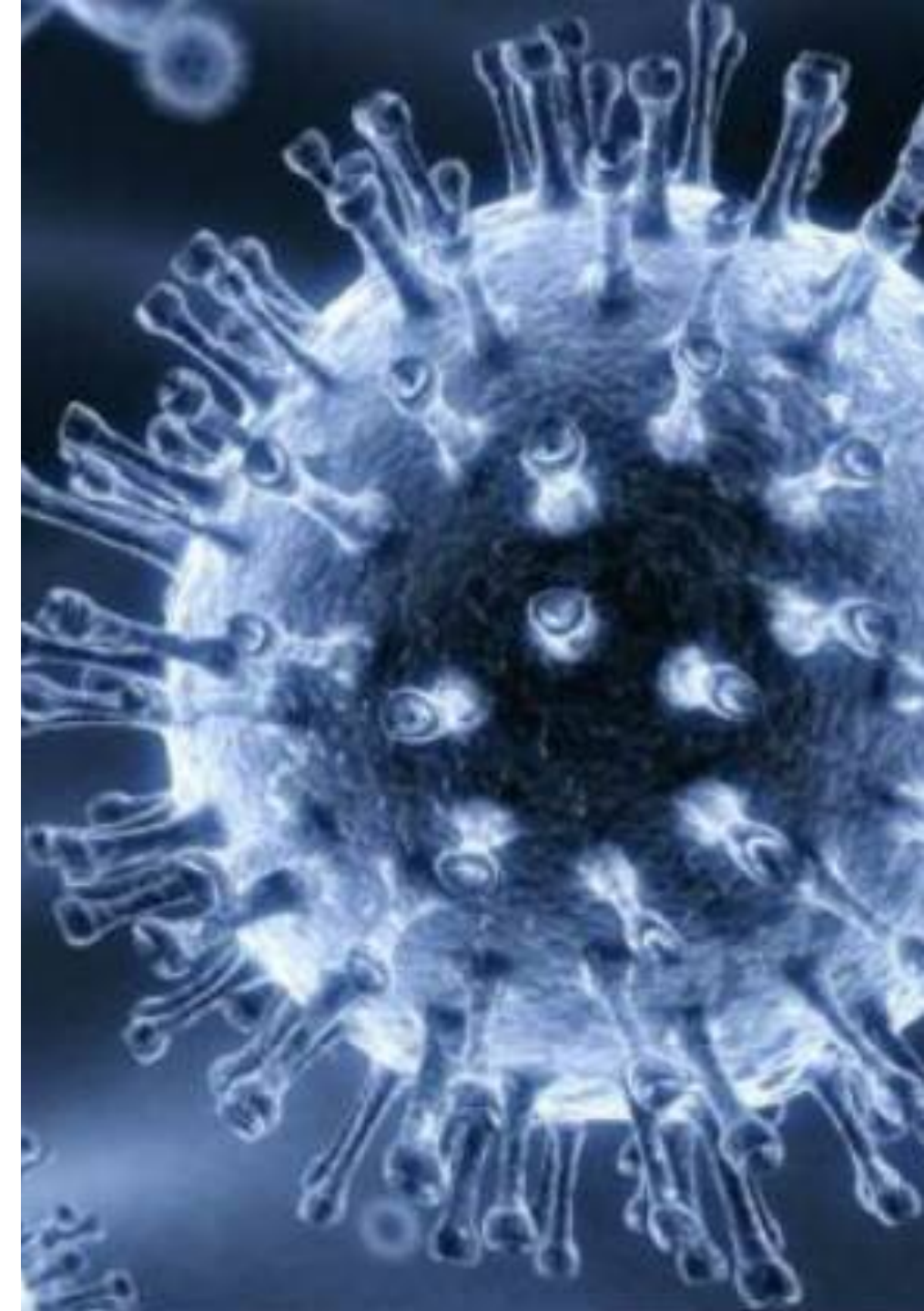
# COWS MILK PROTEIN ALLERGY

- Symptoms:
  - Miserable baby
  - Mucus poos
  - Skin rash
  - Constipation
- IgE v Delayed?
- Sensitivity v Allergy
- Breastfeeding Mummy can remove dairy from her diet
- Specialist milks available for formula fed babies



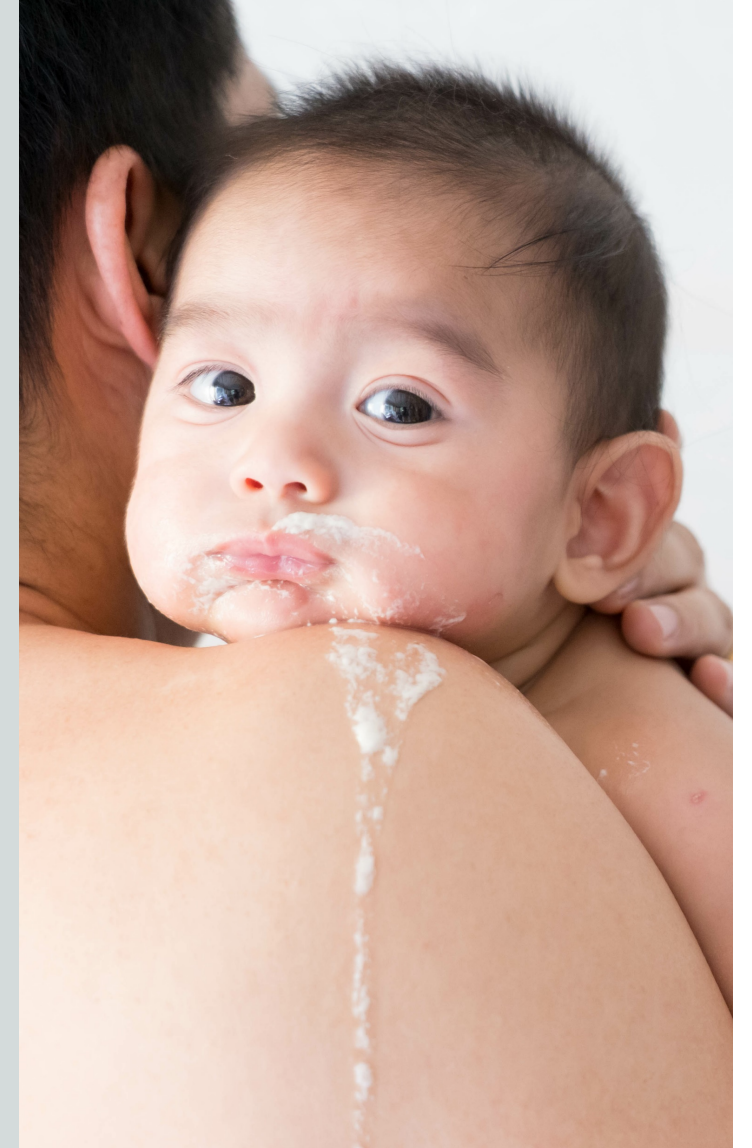
# GUT MICROBIOME

- Gut microbiome develops the digestive tract and trains the immune system
- Birth provides optimum seeding
- Lactobacillus – vaginal bacteria that helps build lactase enzymes
- Bifidobacterium – champion infant gut colonizer (Underwood et al 2015)
- C-Section can alter gut microbiome – (Rutayisire et al 2016)
- Very recent Finnish study (De Vos 2020)
- Use of Antibiotics – disturbing the gut microbiome
- Infant probiotics – putting the friendly bacteria in.



# WHAT IS REFLUX?

- The non-forceful regurgitation of the milk into the oesophagus
- Symptoms of reflux
  - Frequent Vomiting
  - Arching Back
  - Fussiness
  - Crying
  - Frequent Hiccups
  - Cough whilst feeding
  - Do not like to be laid down flat
- Regarded as 'normal' and affects 40% -50% of babies
- Peaks at 4 months
- Thought to resolve on it's own between 6 to 12 months

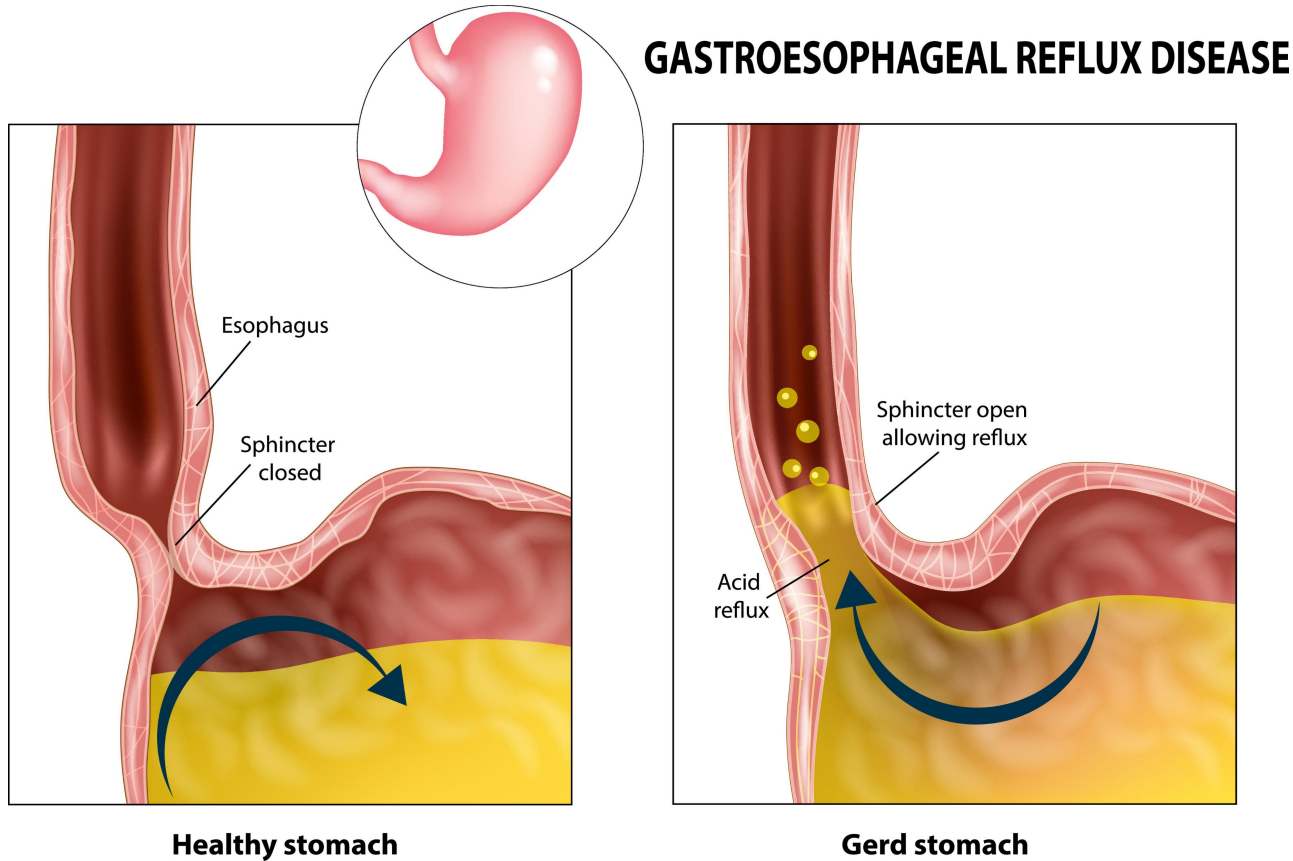




# GERD (GASTRO ESOPHAGEAL REFLUX DISEASE)

- Acid washes back up the oesophagus and irritation and pain is caused.
- If baby is losing weight (failure to thrive) and refusing to eat
- Additional symptoms including
  - Weight loss
  - Blood in stools
  - Refusal to feed
  - Respiratory issues
  - Recurrent ear infections

# TRIGGERS FOR REFLUX



- Air intake
  - Overfeeding
  - Allergies
  - Tongue-Tie
  - Excess stomach acid
- 
- Lower oesophagus sphincter relaxes and pushes contents up the oesophagus

# HELPING REFLUX BABIES

Gravity is a  
baby's best  
friend

Keeping baby  
upright for 30  
minutes after a  
feed

Lying baby on  
their left side  
will help  
contents move  
away from the  
LES

Tummy time  
activities



## ADAPTING BABY MASSAGE & YOGA FOR COLICKY BABIES

- Don't place baby flat
- Positions can be lying on bent knees/tiger in a tree/diamond/rolled up towel under head
- Easy airplane (with thanks to Carly Budd of Carly Budd Play Academy)
  - From 2 – 4 weeks
  - Ensure clear airways
  - Support torso



# PRACTICAL TIPS FOR PARENTS

Don't shake  
the formula

Get the  
latch  
checked

Babywearing  
is life

Tiger in a  
Tree



## COPING WITH BABY'S CRIES

- Parents with colicky babies are more likely to struggle with PND (Torstein Vik et al 2009)
- The combined impact of colic and PND can have a highly toxic outcome (2005 Report in Infant Mental Health Journal)
- Calm Breeds Calm
- Box breath
- Alternate nostril breathing
- Journaling
- Meditation techniques

ADDITIONAL  
HELP  
AVAILABLE

Cry-SIS Helpline (0845 1  
228 669)

NHS Baby Buddy App

Pandas Foundation

Family Lives

# Colic SOS

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