

Welcome to the colic workshop for parents. This workshop aims to simplify colic to able you to understand why your baby is unsettled and how you can help settle and soothe them.

What is Colic?

A sweeping statement given to a crying baby who otherwise appears to be healthy. The key is to understand your baby's root cause of colic.

Triggers of Colic

- **Trapped Wind & Gas** - Often caused by immature digestive system. Symptoms include bloated or distorted abdomen, frequent pumping, difficulty in burping, grunting, bringing knees to chest
- **Fourth Trimester** - This is the transition period from womb to world for the initial 12 weeks. Often overstimulated, fussy, dislikes being laid down.
- **Altered Gut Microbiome** - This can occur due to c-sections or antibiotic use which alters the gut microbiome, leading to sluggish digestion and an increase in allergies.
- **Reflux** - Often diagnosed as separate to colic but often the reason why baby is crying and uncomfortable. Reflux is the regurgitation of stomach contents and occasionally vomiting does not occur (silent reflux).
- **Overtiredness/Overstimulation** - Young babies have a short alert period and can become overstimulated very easily. Often the reason why the witching hour in the evening occurs.
- **Environmental Issues** - Simple as it seems, babies cannot control their environment. They can excessively cry due to hunger, temperature (too hot/ too cold) or even irritation from clothing. Crying is a baby's only way of communicating.
- **Allergies** - Cows Milk Protein Allergy (CMPA) symptoms include mucus in poo, wind and gas, skin rash, vomiting, constipation and constant fussiness. Delayed reaction includes bloated abdomen, fussiness, grunting.
- **Tongue-Tie** - Often missed by health practitioners but often responsible for reflux and colic symptoms. Affects both breast fed and bottle fed babies. If you are concerned that tongue-tie could be the reason for your baby's colic symptoms then you can find a qualified practitioner via the Association of Tongue-Tie Practitioners <https://www.tongue-tie.org.uk/>.

Soothing Colic

- **Skin to Skin** - Soothing for baby and a great way to create calm and lower baby's heart rate.
- **Colic Holds** – Indian Bouncing, Tiger in a Tree & Wonky Winding .
- **Baby Massage** - Baby massage is a wonderful way of helping eliminate trapped wind, dislodge air bubbles and help mature the digestive system.
- **Baby Yoga** - The movements in baby yoga can stimulate the bowels to help combat constipation and help eliminate wind. Marching feet and bicycling legs can help bring relief for digestion.
- **Elevation for Reflux babies** - Keeping babies upright for feeding and at least 30 minutes to 45 minutes after each feed will help gravity to keep the stomach contents in the stomach and prevent is washing back up the oesophagus.

- **Baby Wearing** - Wearing your baby in a sling, fabric wrap or a baby carrier can be comforting for a colicky baby. This keeps baby close to you for comfort, they can hear your heartbeat and the motion that they feel whilst carried, mimics the movement in the womb.

Alternative Milks

There are various milks available for babies from the traditional infant first milk, to colic & constipation and comfort milks to anti-reflux, soya and lactose free milk. Hydrolyzed formula and dairy free formula is available from your GP if CMPA is suspected.

Colic Remedies

There are so many different colic remedies available. Infacol and Dentinox are aimed at babies who are struggling with trapped wind. Colief or Co-Lactase drops work to break down the lactase sugars in the milk, making it easier for babies to digest. Colic Calm is a gripe water with natural ingredients to help settle and soothe tummies struggling with excess wind.

Infant Probiotics

Bifidobacterium and Lactobacillus are the two strains of bacteria that babies require for a healthy gut. If either of these strains are absent then probiotics can help to replace the friendly bacteria. There are various infant probiotics that are approved for infant use and available from pharmacies.