

COLIC

- Colic is when babies cry much more than usual for no obvious reason during their first 3 months.
- It is normal for babies to cry up to 2 hours a day. Babies with colic usually cry more than 3 hours a day, on more than 3 days a week. Bouts of colic usually start suddenly and happen in the evening.
- What to do in case of colic:
 - Use a bottle that keeps baby from swallowing too much air.
 - Have the baby sit up during feedings
 - Carry the baby more in the arms
 - Give the baby a warm bath
 - Massage the baby's belly





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