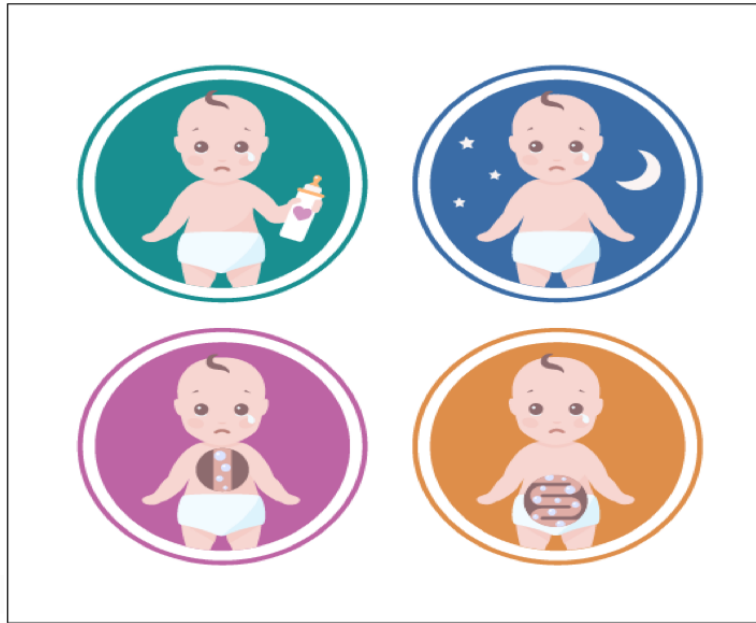


## How to Care for Your infant with Infantile Colic

This leaflet will provide you with information about infantile colic. .



### What is Infantile Colic?

Colic is a condition where infants up to 6 months of age who are not sick or hungry show repeated episodes of crying or fussiness.

### What are the signs and symptoms of Infantile Colic?

**Your child may cry a lot or be fussy, this could happen:**

- o At least 3 hours a day.
- o For three days a week.
- o For over three weeks.

**During the crying episodes, your infant will:**

- o Be difficult to control.
- o move his legs up.
- o turn red in the face.

## When should I seek medical advice?

### Seek advice immediately if your baby shows:

- Abnormal breathing.
- Abnormal color or tone or energy levels.
- Fever.
- Abdominal distention (Swelling of the abdomen).
- Abnormal vomiting.
- Unable to pass stools.
- Blood in the stool.
- Poor feeding and poor weight gain.
- Abnormal movements.

## How is Infantile Colic diagnosed?

- The doctor will ask a few questions about your child's health and examine your child.
- Typically, infants with colic have the following criteria:
  - o Are up to 6 months of age
  - o Healthy and well
  - o They feed well
  - o Cry a lot, mainly in the evening and late afternoon
  - o Do not show any problems with growth
  - o Do not show any weight gain issues
  - o don't have abnormal vomiting
  - o do not have difficulty passing stools
  - o seem fine between the crying episodes

## How is Infantile Colic treated?

- This is a condition that is not harmful to your baby and will go away with time.
- Most babies grow out of it by six months of age.
- There is no medicine for the condition. However, some drops may help a little.

## Home care advice

- Caring for a baby with infantile colic can be tiring and stressful. It is important as a mother to get support from family members or friends.
- Some care steps may help, such as:
  - o making sure the baby:
    - o Is not hungry, feeling cold or hot.
    - o Has no fever.
  - o Changing the baby's position,
  - o Swaddling,
  - o Massage the back gently
  - o Put in a vibrating baby seat
  - o Trying some drops if suggested and prescribed by your doctor