

## Crying and colic

A baby with colic cries for hours at a time every day, often in the evening. Your baby may scream as if he's in pain. He might pull his knees up toward his chest. He keeps crying no matter how many things you try.

If your baby is going to have colic, it usually starts when he's a few weeks old. It will usually stop by 3 months.

Colic is more than just a baby being fussy. It's a medical condition. No one knows what causes

colic. No one knows why some babies have it and others don't. It is not the result of anything you did or didn't do. Talk to your health care provider if you think your baby might have colic.

Colic is hard for both babies and parents. It can be very difficult to stay calm when your baby keeps crying. It's important to keep trying to comfort your baby. He may not be able to show it, but he needs to know you're there.



### *Your baby wants you to know...*

*When I'm crying, I need your loving care the most. Even when it seems like I'll never stop crying, I still need you to comfort me. When you help me through this difficult time, it makes the bonds between us stronger.*

# Loving Care



Birth to 6 Months

2010



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