



Alison H. Kopelman, M.D.



YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Colic

Colic is a general term to describe a regular pattern of uncontrollable crying by a baby. It often peaks when a baby is 2 - 3 months and occurs for no good reason. Babies appear that they are in pain, and can cry for up to 5 - 6 hours at a time, often in the late afternoon or evening. Doctors do not have a good explanation for what causes colic. There is hope though - swaddling a baby tightly, creating a calming environment (often with "white noise"), darkened lights and/or swaying a baby can help. A child does outgrow colic - but, especially for new parents, that period of outgrowing can be difficult. It is good to know that parents can take a break, and should use all available resources (family, friends) to help care for a colicky baby.

P.S. By the end of 3 - 4 months, colic often disappears as quickly as it begins.

If you are concerned that your baby might have colic, call your pediatrician. MIDCOAST PEDIATRICS is happy to provide information about your child's development and strategies for dealing with developmental variations. For further information, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are always welcome.

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