

Infant colic

<p>Follow up</p>	<ul style="list-style-type: none"> • Only continue treatment with Dentinox[®] if there is a response (i.e. the duration of crying shortens). If there is a response to treatment, wean off over a period of one week. If unable to wean the baby off by the age of 6 months, refer to the GP. • If there is no response to treatment after one week, stop treatment and advise the child's parent/guardian to contact their Health Visitor
<p>Counselling Points</p>	<ul style="list-style-type: none"> • Prevent the baby from swallowing air by sitting him/her upright during feeding • If breastfeeding, avoid drinking too much tea, coffee and other drinks that contain caffeine. Some women find that spicy food and alcohol can aggravate the colic. • Holes in bottle teats that are too small may cause babies to swallow air along with their feed. 'Fast flow' teats with larger or several holes are available and may be a useful alternative. • Always burp the baby after a feed: gently rub the back and tummy until he/she burps. • Reassure the parents that their baby is well, they are not doing something wrong, the baby is not rejecting them, and that colic is common and is a phase that will pass within a few months. • Holding the baby through the crying episode may be helpful. However, if there are times when the crying feels intolerable, it is best to put the baby down somewhere safe (e.g. their cot) and take a few minutes' 'time out'. • Other strategies that may help to soothe a crying infant include: <ul style="list-style-type: none"> - Gentle motion (e.g. pushing the pram, rocking the crib). - 'White noise' (e.g. vacuum cleaner, hairdryer, running water). - Bathing in a warm bath. • Encourage parents to look after their own well-being: <ul style="list-style-type: none"> - Ask family and friends for support parents need to be able to take a break. - Rest when the baby is asleep. - Meet other parents with babies of the same age. • CRY-SIS is a support group for families with excessively crying, sleepless, and demanding children. Their helpline is available every day from 9 am. to 10 pm. Tel: 08451 228 669. The CRY-SIS website (www.cry-sis.org.uk) also contains useful information. • Health visitors are also a useful source of advice and support for parents of excessively crying babies.