

# Colic

Around 20% of babies have colic. Colic is generally considered as: inconsolable crying for around 3 hours or more a day on 3 or more days of the week (to be used as a gauge). This is not the same as reflux and it can be a difficult distinction to make. Unfortunately, there is no test for colic and a definite cause for colic has not been found. However, there are theories for possible causes of colic. These are based on the latest up to date research. Colic has also been referred to as PURPLE CRYING.

## THE PERIOD OF PURPLE CRYING

P

### Peak of Crying

Your baby may cry more each week, the most in month 2 then less in months 3-5

U

### Un-expected

Crying can come and go and you might not know why

R

### Resists Soothing

Your baby may not stop crying no matter what you try

P

### Pain like face

A crying baby may look like they are in pain, even when they are not

L

### Long Lasting

Crying can last as much as 5 hours or more a day

E

### Evening

Your baby may cry more in the late afternoon and evening

*The word PERIOD means that the crying has a beginning and an end.*

## The 5 Colic Theories:

- Tiny tummy troubles: Wind, constipation or cramps
- Big tummy troubles: Food sensitivity or allergies or reflux
- Maternal anxiety Babies crying when they sense their parents are anxious
- Brain Immaturity: crying due to overstimulation
- Challenging temperament: infants with intense and/or sensitive temperaments



## The most probable cause:

The missing fourth trimester. In the first month after birth babies benefit immensely from womb like rocking, shushing, cuddling and care until they are mature enough to smile, coo, flirt and suck their fingers. Check out our document on the 5s's to learn more about calming colic with your baby's unique cuddle cure