

Crying babies need special care, love

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CRYING BABIES

All infants cry. The newborn needs to exercise his lungs and release tension. By six weeks crying usually reaches a peak of 2 3/4 hours a day and then gradually declines as the baby learns new ways to calm himself.

Some babies are fussier than others and may be termed "colicky" if they cry continuously for three or more hours a day for many days. The colicky baby seems to be more fussy after feedings and is difficult to comfort. The baby with colic is generally healthy, gaining weight, active and alert. Colic usually begins early in infancy and decreases around three months of age.

If you think your baby may have colic it is important to

establish that there is not an illness or infection that may be causing prolonged crying. The doctor or nurse may also explore feeding techniques such as burping thoroughly. Breast-feeding moms may find certain foods that they eat upsets the baby's stomach. Switching bottle-fed baby to a soy formula may help.

Babies react differently to colic. Some like to be bounced and distracted while others cannot tolerate sound or movement. Many babies are soothed by holding, walking, and rocking. Unfortunately, both parents hesitate to pick up babies when they need comforting because they fear too much holding will spoil the infant. Parents should not worry about spoiling their young babies.

Although colic will eventually end, parents should try everything to ease the baby's discomfort as well as their own. One of the first steps in surviving colic is not to take it personally.

Babies that have colic are not made at their parents nor are they rejecting their love. This may be difficult to keep in mind when the baby is crying non-stop for hours. Parents need to get away even just for an hour or two every day to

do something for themselves to relieve the stresses that a colicky baby is bound to produce. Support from other family

members can be a big help too.

Sooner or later the colic will end and both parents and baby will have survived a rough

time. The frustrations will be forgotten as the baby begins new exciting development skills.

