

Infantile Colic

About one in five babies develops colic, usually between 2 weeks and 6 months of age. Colicky babies cry constantly and hard at about the same time each day at least three days a week.

Providers often suspect colic is caused by one or more of the following: an immature nervous or digestive system, over- or under-stimulation, a reaction to something in the mother's diet (in breast-fed babies) or to formula, and antibiotics given at birth to either the infant or mother.

Signs & Symptoms

Infants experiencing colic may exhibit some or all of the following symptoms:

- Your baby cries for more than three hours on at least three occasions a week, but is otherwise healthy.
- Your baby kicks a lot, pulls his or her legs up close, and makes tight fists.
- Your baby's tummy seems hard and he or she burps and passes gas often.
- The crying sounds like your baby is in great pain.
- Your baby spits up frequently after feeding.

Therapeutic Approach

In addition to conventional medical measures, which may include soothing the baby and avoiding certain foods, complementary modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

CranioSacral Therapy can be very helpful in organizing and calming the central nervous system, which then allows the digestive system to function more normally.