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## Managing Colicky Babies

Got a fussy baby? About 20% of babies suffer from colic<sup>[1]</sup>. Learn more about the possible signs and solutions.

<https://www.nestlebaby.ca/en/managing-colicky-babies> <sup>[1]</sup>

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## Managing Colicky Babies

Got a fussy baby? About 20% of babies suffer from colic<sup>[1]</sup>. Learn more about the possible signs and solutions.

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## What is colic?



When your baby cries excessively or is fussy and there is no obvious cause, it may be colic [6]. All babies cry, but your baby may have colic if they cry for more than **3 hours a day**, at least **3 times a week**, for **over 3 weeks**. Colic usually starts in the first few weeks of life and babies may cry more often in the evening and at night. Colic is difficult, but there are things you can do to help soothe your baby.

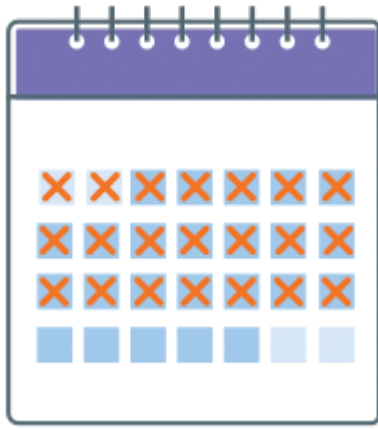
If you are worried about your baby's crying, talk to your doctor.



**? 3 hours/day**



**? 3 day/week**



**? 3 weeks/month**

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# Signs

your baby  
may have colic

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**Lots of crying**



**Clenched hands**



**Gas, bloating, cramps**



**Legs drawn to chest**



**Red face**

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Things  
you can do  
to help

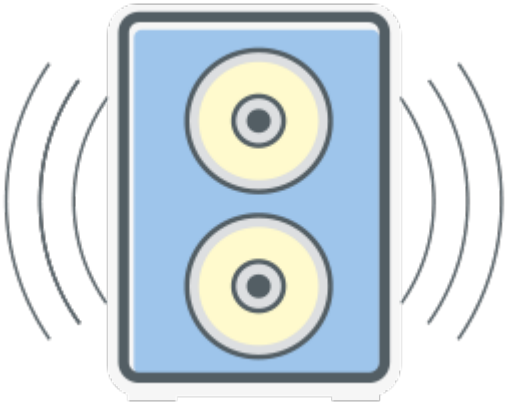
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**Swaddle & side-to-side rocking**



**Walking**



**White Noise**



**SOOTHING PROBITOICS (*L.reuteri*)**



## Why *L.reuteri* ?



***L.reuteri* is a soothing probiotic naturally found in breast milk and has been clinically shown to:**

- Reduce crying time in colicky babies<sup>2,3^</sup>
- Support a healthy and balanced gut flora in your baby's digestive system <sup>[7]</sup><sup>3</sup>
- Promote regular stools and tummy comfort <sup>[8]</sup><sup>4</sup>

# 50%

# Reduced crying time in colicky babies in as little as 1 week<sup>2^</sup>

<sup>^</sup> In breastfed infants.

<sup>1</sup> Vandenplas Y, et al. Prevalence and Health Outcomes of Functional Gastrointestinal Symptoms in Infants From Birth to 12 Months of Age. *J Pediatr Gastroenterol Nutr.* 2015;61(5):531-537.

<sup>2</sup> Chau K et al. Probiotics for Infantile Colic: A Randomized, Double-Blind, Placebo-Controlled Trial Investigating *Lactobacillus reuteri* DSM 17938. *J Pediatr.* 2015;166(1):74-78.

<sup>3</sup> Savino F et al. *Lactobacillus reuteri* DSM 17938 in Infantile Colic: a Randomized, Double-Blind, Placebo-Controlled Trial. *Pediatrics.* 2010;126:e526-e533.

<sup>4</sup> Coccorullo P et al. *Lactobacillus reuteri* (DSM 17938) in infants with functional chronic constipation: a double-blind, randomized, placebo-controlled study. *J Pediatr.* 2010;157(4):598-602.

**Source URL:** <https://www.nestlebaby.ca/en/managing-colicky-babies>

## Links

[1] <https://www.nestlebaby.ca/en/managing-colicky-babies>

[2] [https://pinterest.com/pin/create/button/?url=https://www.nestlebaby.ca/en/managing-colicky-babies&media=https://www.nestlebaby.ca/sites/default/files/styles/thumbnail/public&description=Managing Colicky Babies](https://pinterest.com/pin/create/button/?url=https://www.nestlebaby.ca/en/managing-colicky-babies&media=https://www.nestlebaby.ca/sites/default/files/styles/thumbnail/public&description=Managing%20Colicky%20Babies)

[3] <https://twitter.com/share?text=Managing%20Colicky%20Babies&url=https%3A//www.nestlebaby.ca/en/managing-colicky-babies>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.nestlebaby.ca/en/managing-colicky-babies>

[5] <https://www.nestlebaby.ca/en/printpdf/2632411>

[6] <https://www.nestlebaby.ca/en/0-6-months/caring-baby/colic-colic-relief>

[7] <https://www.nestlebaby.ca/en/probiotics/ins-and-outs-of-babies-digestive-system>

[8] <https://www.nestlebaby.ca/en/probiotics/3-tips-for-your-babys-happy-healthy-tummy>