

## Tips for Soothing a Colicky Baby

Babies that have colic are generally in a lot of pain and seeing them this way makes every parent want to comfort them, despite the fact that no matter what the parent might do it is unlikely to soothe the baby. Because of this it is easy for parents to get frustrated and feel completely helpless because their baby is suffering and they can do nothing to help. However, there are some tips that can help soothe a colicky baby, even if it is just a little bit and doing something will likely make you feel better, too.

First things first is for the parents to remain relaxed, that is as relaxed as is possible after dealing with incessant crying. Babies are really very smart and they will notice if you are tense or stressed out and this will only make their situation worse. So, if you and your spouse can't seem to deal with the colicky baby on your own simply call a parent, friend, or babysitter to relieve you for a couple of hours. This will give you a break to regain your composure, take a nap, or simply de-stress so that you can help your baby by being as calm as possible.

Another suggestion is to buy some gas medication. There are a wide variety of gas medications on the market as well as herbal remedies however most doctors agree that they are all worth a try in a colicky baby to try and help baby and parents get some rest not to mention relieving baby's discomfort. You will want to talk to your pediatrician before administering any of these gas relieving drugs to your baby, but once you get the go ahead you can rest assured that many times these gas drugs are very helpful. So, get on a schedule with the gas medicine and hope for a restful and happy baby.

Some moms and dads find that massage is the answer to their prayers when it comes to soothing their baby with colic. This is because massage has several beneficial properties like reducing stress in the baby as well as relieving gas pain and pressure. There are in fact certain massages that involve the baby's legs and belly that will allow them to pass the gas that is causing them so much pain. This is a perfectly natural and easy way for many parents to relieve the discomfort of their colicky baby.

Yet another solution that is helpful for some babies with colic is swaddling. Babies were in a confined space in the womb and many young babies will gain comfort from being swaddled and feeling this security. When the baby is swaddled and relaxed he will be better able to pass gas and relieve the pressure and discomfort. If all else fails, give swaddling a try because it might help, and it certainly won't hurt!

Other babies gain some relief from rocking, walking, swinging, or simply being held by mom or dad. For some reason many parents have found that movement helps soothe a colicky baby however the verdict is still out as to whether or not it is the movement that relieves discomfort or the movement that distracts that actually soothes the baby.

When your baby has colic you will feel frustrated, helpless, and maybe feel like pulling your hair out. But, if you give the above tips a try more than likely at least one of them will help somewhat to relieve your baby's discomfort and some of your stress as well. So, what are you waiting for? Give these tips a try!

Source: <http://www.articlecircle.com>

### About the Author

Vickie Barnes is a colic veteran of two colicky babies. Please visit her website, <http://www.ColicHelp.com>, for more support and resources for dealing with your colicky baby.