

Homeopathic Doctor Kawartha Lakes

Homeopathic Doctor Kawartha Lakes - Infant Colic is also known as Colic, Infantile Colic and Three Month Colic. It is condition where an otherwise healthy baby shows periods of intense screaming or crying that lasts over 3 hours every day, more than 3 days a week for over 3 weeks. This recurrent fussing for extended periods of time with no distinct reason can be strenuous for both the baby and the parents.

Colic usually appears within the first month of a baby's life. It can disappear suddenly, before the child is 3 to 4 months old, but in various cases it can last up to the first year of existence. Normally, the crying often increases during a certain time of the day. In lots of cases the evening is when the colic sets in. At times signs could get worse soon after feeding. This is common in babies who have difficulty burping. One study showed that babies who are breastfed have a less chance of colic.

The persistent crying of an infant could be devastating for the baby, the family and the parents. Serious problems could occur from the crying and the tiredness that comes with it. Issues like relationship stress, breastfeeding failure, shaken baby syndrome, maternal smoking, postpartum depression affecting both new dads and new mothers, excess visits to the physician and unnecessary treatment for acid reflux. Exhaustion and crying may contribute to suffocation and SIDS. Some studies have connected restless babies flipping onto their stomachs; together with parents placing fussy babies on their tummy's to sleep as being contributing factors. Some parents become so tired that they fall asleep with their baby in unsafe places like for instance on beds with bulky covers or on couches. Even car accidents and maternal obesity have resulted from Infant Colic.

Causes

The most logical assumption seemed to follow a gastrointestinal or GI theory of colic of babies. Normal fussy babies will normally grunt, pass gas, double up, have noisy stomachs and cry after eating. Many of these conditions improve with warmth or massage, tummy pressure, sips of mint, chamomile or fennel herbal tea. In various cases, pain medication such as paregoric or tincture of opium has been prescribed. Interestingly enough, approximately 90% of colicky babies show no evidence of whatever GI abnormality.

There are a variety of causes of colic which nearly all professionals agree upon, consisting of intestinal gas pocketed in the intestinal tract, stomach gas from improper burping, and a muscular kind of colic linked with birth trauma and muscle spasms. There is likewise a neurological overload theory stating that the baby is over-stimulated and thus overwhelmed, becoming tired.

Several reports have shown that babies would cry since they sense apprehension in their mothers. This has been debated in some circles, since babies have a hard time distinguishing their mother's apprehension from depression, frustration, et cetera. It has been shown that though parental anxiety normally dissipates with successive kids, a couple's later children are just as probable to be colicky as their first.

Effect on the Family

The stability of the family can be greatly tested since infant crying could have a prominent effect on everybody within the household. The tiredness that often accompanies crying can inflict huge emotional stress on the parents. They can feel insecure, stressed out, anxious, be experiencing low self-esteem and be concerned that they are not giving adequate care for their child. Families, who share close living quarters like those in apartments or military families, may also suffer tense relationships with neighbors and landlords if they likewise hear the baby crying loudly for extended periods of time each day.

Treatment

There have been several reports connecting colic to changes in the baby's bacterial balance within their intestine. There has been success giving daily doses of good bacteria known as probiotics. These probiotics are called *Lactobacillus reuteri* or *Lactobacillus acidophilus*. One study gave eighty three colicky babies *Lactobacillus reuteri* and this had reduced their crying time. After the first week, their crying time had improved by 20%, from 159 minutes a day versus the original 197 minutes every day. After a month, these babies improved 74% less crying time, averaging fifty one minutes per day versus the 197 minutes. Providing the *Lactobacillus reuteri* probiotic drops showed a 95 percent positive response to the colicky babies.

Now, the initial response most commonly recommended for healthy babies is to make use of noninvasive and non-medical treatments consisting of: stomach massage, burping, gas release techniques and emotional support.

There is a rhythmic calming effect known as the "5 S's," this stands for Swaddling, which is carefully performed to be able to avoid overheating, and allowing the hips to be flexed; Stomach or side, placing the baby on their back is the only recommended sleep position although, it is the worst position for trying to comfort a fussy baby; Shhh Sound is done by making a strong shush noise near the baby's ear so as to replicate the sound of blood pumping through the mother's veins in utero, various people use a CD of womb sounds or white noise for this; Swinging the baby while supporting the head and neck, incorporating tiny jiggle movements no more than 1 inch back and forth, and Sucking, that means allowing the baby to suckle on the breast, a pacifier or a clean finger.

There has also been success connected with Chiropractic adjustments for the baby. Some professionals feel that the baby's spine can become compressed when passing through the birth canal, especially in traumatic deliveries or long labours.