

How to Tell if My Baby Has *colic*

A long-standing definition of colic: Prolonged periods of crying, lasting 3 hours or more a day, for 3 days or more a week, for 3 weeks or more, that can not be calmed with normal measures (including nursing, rocking, etc) affecting a baby between the ages of 2 weeks and 3 months, who display intense activity such as flailing about or pulling knees to chest.

To determine if your baby has colic, you must be able to check all these boxes.

- 1. **Crying** has occurred for a minimum of 3 hours straight.
- 2. **Crying** for a minimum of 3 hours has occurred for 3 days or more a week.

- 3. **Crying** 3 hours, for 3 days a week, has occurred for 3 weeks or more.
- 4. **Nursing** does not make my baby stop crying.

- 5. **Rocking** does not make my baby stop crying.
- 6. **Bouncing** does not make my baby stop crying.

- 7. My baby does not have a **fever**.
- 8. My baby is not **vomiting**.

- 9. My baby does not have any **serious** medical conditions I am aware of.
- 10. My baby's **color** has not changed from pink to pale.