



Arianna Sana

COMBATTING COLIC 101

Being a new parent to a baby with colic who struggles to sleep through the night can be incredibly challenging, both emotionally and physically. It's crucial to remember that this phase in your and your baby's lives is temporary. Every challenge has an underlying cause and a solution. By identifying the root cause, finding a solution becomes more manageable. This guide adopts a holistic approach, focusing on the root causes to help you and your baby navigate this tough but transient period more effectively.

-XOXO,

Arianna

WHAT IS COLIC?

Colic is a common condition in young infants, characterized primarily by prolonged periods of intense and inconsolable crying. The exact cause of colic is unknown, but it is often defined by the “rule of threes”:

- Crying lasts for more than three hours a day,
- Occurs more than three days a week,
- And persists for three weeks or more in an otherwise healthy and well-fed baby.

Typically, colic starts within the first few weeks of life and usually resolves on its own by the time the baby is three to four months old. The crying often occurs at the same time each day,

usually in the late afternoon or evening. Babies with colic may also show signs of a disturbed digestive system.

POTENTIAL CAUSES OF COLIC:

There is not one definitive cause of colic as it varies in each child. Some common hypothesized causes are gastrointestinal discomfort, nervous system development, and hypersensitivity to stimuli. Additionally, food allergies/intolerances, exposure to tobacco, and the familial state of stress can also play a role.

DETERMINING THE CAUSE:

Process of elimination can be the best way to determine the root cause of a baby's colic.

Let's review the common causes of colic and you can determine which of these causes do not apply to you:

ENVIRONMENT

- Baby spends a majority of their time in a loud, light filled, and chaotic environment.
- Baby spends time in front of screens throughout their day and or before bed.
- Baby is exposed to bright lights and loud noises prior to nap and bed times.
 - Parents are often arguing in front of baby.
 - Siblings are often arguing in front of baby.
- Tobacco is used in the household/a member of the household that regularly interacts with baby is a tobacco user.

DIGESTIVE DISCOMFORT/FOOD INTOLERANCES

-Baby often spits up after eating.

-Baby rarely burps after eating.

-Baby is frequently constipated and or appears strained when passing bowel movement.

-Color changes in stool. *If baby ever produces white, gray, pale yellow, or red stools, seek medical attention ASAP.

-Presence of mucus in the stool. *If baby ever produces excessive mucus in stool, seek medical attention ASAP.

-Baby is most irritated after feeding times.

-Baby has skin issues such as eczema and or baby acne.

FINDING THE SOLUTION:

HERE ARE MY RECOMMENDATIONS FOR CREATING THE PERFECT CALMING ENVIRONMENT FOR BABY:

-Ideally, baby should not be exposed to screens at all for ideal nervous system development. However, if this is not possible for you, limit baby's exposure to screens to 1 hour a day. Make sure baby has no exposure to screens for about 1 hour prior to nap/bedtime.

-Exposure to lighting plays key roles in human melatonin production and regulation. Upon baby's morning rising, exposing them to sunlight as opposed to artificial light when possible is best. I do not mean taking baby outside into direct sun, but rather using the sun as your main form of indoor lighting if possible. About 30 minutes-1hour before naps and bed times, decrease baby's exposure to both natural and artificial light.

-Prior to nap and bed times and during nighttime feedings/changing, use a red light! Red light is unlikely to suppress melatonin production unlike white and blue light. It will also help parents have an easier time falling back asleep after doing midnight feedings and changings.

-Associate specific cues, sounds, and smells with sleep. For example, creating the habit of having an essential oil diffuser filled with lavender oil turned on in baby's room prior to sleep can help their brains recognize that it is time to relax and sleep. The same idea can be applied

to sounds like nature, white noise, or healing frequencies that can be played during/prior to bedtime. A warm bath can be a huge game changer! A warm bath feels the same way that being in the womb does to baby and helps regulate their nervous system. Even just a few minutes in a warm bath can make a huge difference. Associating bath time with bedtime tends to do wonders for a lot of people.

-Reducing baby's exposure to stress. A disagreement in front of your baby here and there is harmless, but chronic fighting, raising of voices, and tension truly has an impact on your baby. They are much more intuitive and sensitive to their surroundings than we give them credit for.

HERE ARE MY RECOMMENDATIONS FOR IMPROVING BABY'S GASTROINTESTINAL HEALTH:

-If you're breastfeeding and have never tried an elimination diet before, I recommend trying this ASAP. Foods I recommend temporarily eliminating are gluten, refined sugars, cruciferous vegetables, spicy foods, and dairy. If you see an improvement with baby's colic after eliminating these products for a few weeks, then it is likely that your baby is intolerant to one or more of these items.

-If you're formula feeding and have never tried changing baby's formula or using a EU regulated formula, I recommend trying this ASAP. EU regulated formula is much cleaner and safer than US formula. There are several ingredients in US formula that have been clinically proven to have harmful side effects in not only just babies, but adults as well. On the next page of this document, I will give my recommendations for baby formulas.

-There are several natural products on the market that can help aid in digestive system regulation for babies. I know it can be scary to think about giving your baby a medication or supplement, but the products I recommend are 100% natural and have little to no side effects.

-Trying osteopathy can make a huge difference in baby's digestive system. The manipulation of baby's body via gentle pressure can help the digestive system and gas flow improve in baby. Prior to trying this, I recommend giving baby gentle stomach rubs at home and gently stretching baby's arms and legs.

PRODUCTS FOR AN IDEAL SLEEPING ENVIRONMENT:

1. https://us.boncharge.com/products/blue-light-blocking-light-bulb?utm_source=google&utm_campaign=19602919909&utm_medium=ad&utm_content=&utm_term=&gad_source=1&gclid=Cj0KCQjwjlGyBhCYARIsAPqTz1_pJYcEH5kBNWVC1-HthiWJWPPSSJQ1gE6rNiT4RYAjmBfiuAAqon4aAi0IEALw_wcB
2. https://pura.com/products/device?variant=40706293334125¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_source=google&utm_medium=cpc&utm_campaign=15446493022&utm_term=&nbt=nb:adwords:x:15446493022::&nb_adtype=pla&nb_kwd=&nb_ti=&nb_mi=134170197&nb_pc=online&nb_pi=shopify_US_7057370415213_40706293334125&nb_ppi=&nb_placement=&nb_li_ms=&nb_lp_ms=&nb_fii=&nb_ap=&nb_mt=&gc_id=15446493022&gad_source=1&gclid=Cj0KCQjwjlGyBhCYARIsAPqTz18l8yBEFGm_6Gg1oQYxBSd4N42MRdA_nh5vyZcNWD5v2-p5JHpJZKkaAoLUEALw_wcB
3. <https://www.doterra.com/US/en/p/doterra-serenity-oil>
4. https://www.hatch.co/rest-second-gen?utm_source=google_shopping&utm_medium=paid_search&utm_campaign=17948863562&utm_adgroup=&utm_content=&utm_term=&utm_device=c&gad_source=1&gclid=Cj0KCQjwjlGyBhCYARIsAPqTz1-b_IsDxH3z6-YuWy-RA9UfeG1yYDMXSOYCJgHbOPLF7OOSHLmwjkaAhXREALw_wcB
5. 100% cotton or linen baby sheets, blankets, and pajamas

EUROPEAN FORMULA BRANDS I RECOMMEND:

1. <https://organicformulashop.com/products/hipp-dutch-organic-formula-stage-1>
2. <https://organicformulashop.com/products/hipp-dutch-goat-formula-stage-1>
3. <https://organicformulashop.com/products/hipp-german-organic-formula-stage-1>
4. <https://organicformulashop.com/products/holle-organic-baby-formula-stage-1>
5. <https://organicformulashop.com/products/hipp-anti-reflux-formula-all-stages>
6. <https://organicformulashop.com/products/hipp-dutch-goat-formula-stage-1>

BABY DIGESTIVE SUPPORT PRODUCTS:

1. <https://drgreenlifeorganics.com/collections/infant-toddlers/products/col-icky-for-infants>

2. https://www.maryruthorganics.com/products/organic-infants-liquid-probiotic?nbt=nb:adwords:x:19721660052::&nb_adtype=pla_with_promotion&nb_kwd=&nb_ti=&nb_mi=104115606&nb_pc=online&nb_pi=DR-IN-PRO-OG-SF-10Z-DC-02&nb_ppi=&nb_placement=&nb_si={sourceid}&nb_li_ms=&nb_lp_ms=&nb_fi=&nb_ap=&nb_mt=&utm_keyword=&utm_network=x&utm_campaign=Purchase-Performance-Max-Multivitamin-Adult&utm_source=google&utm_medium=cpc&gad_source=1&gclid=Cj0KCQjwjLGyBhCYARIsAPqTz18aKL8dpFZvoOpXZTRxDq7ZijS_W21DNNicMVPP6V4H8tNCZ721Gz8aAjJWEALw_wcB
3. https://www.pureformulas.com/product/baby-gripe-water-by-garden-of-life/1000050765?skuld=GL1417&gad_source=1&gclid=Cj0KCQjwjLGyBhCYARIsAPqTz195_IJsRgYtNwctL8cGUTXX5T5gwZ_8SK93Dp-vdL_ySp7p6vKPQ2gaAn6XEALw_wcB
4. https://drgreenlifeorganics.com/products/tummease-for-infants-kids?variant=40619805933629¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_term=my-trk&gad_source=1&gclid=Cj0KCQjwjLGyBhCYARIsAPqTz1_D3SkbinoGztRKfUSnw1o_g2q3XENVaXgeHnMbArwpPTyqVGSQeb4aAriYEAALw_wcB

Navigating the early stages of parenthood with a colicky baby can feel overwhelming and exhausting. Please remember, this challenging time is just a brief chapter in your parenting journey. You are doing an incredible job, and you're closer to finding a solution than you might think. If you need more personalized support or guidance, I invite you to book a one-hour postpartum coaching session with me at ariannasana.com. Together, we can work towards making this period more manageable for both you and your baby.

A good nights sleep is coming your way!

-XOXO,

Arianna