Colic can be one of the most stressful things a parent can experience. As a parent who survived colic, I would like to share the tricks I wish I had known from day one. No matter how strange they seem, these little tips can make those three or four months a little easier and help you keep your sanity.

White Sound

- Turn on the vacuum (your floor will be very clean)
- Radio Fuzz (find a "non-station" on the radio)
- Running Water
- Set your baby in the carrier next to the dryer as it runs
- Hair dryer
- All babies are different. The things that worked best for my baby were the vacuum and the fuzz, but any steady, constant (not too loud) noise can work. Sometimes the sound of the vacuum is annoying, but anything is better than hearing a baby scream!

Holds

- Hold your baby facing out with your hand on his chest and his bottom resting on your hip or stomach. I don’t know why, but this worked!
- Use the same hold, but hold the baby away from your body and gently bounce or swing baby.
- Wear a front facing carrier.

Other

- Put the baby in a vibrating bouncer or chair.
- Take the baby for a ride in the car.
- If all else fails, take your baby to a babysitter you trust and let someone else walk the floors for a couple of hours (grandparents are great for this). Don’t feel guilty about doing this, with all of the stress your baby may need a break from you – and a change of environment!
- Talk with your doctor about other possibilities.