



HEALTH RECORD INFANT COLIC

Infant colic refers to repeated episodes of intense crying that are difficult to soothe, most often occurring between the 2nd week and the 4th month of life. Its origin is multifactorial and remains incompletely understood.

Symptoms

✓ Inconsolable crying, often in the late afternoon or evening ✓ Baby folding legs up onto stomach ✓ Tense abdomen ✓ Passing gas ✓ Red face while crying ✓ Difficulty calming the infant Between episodes, the baby eats normally, grows well and shows normal development.

Contributing factors

- Immaturity of the digestive system
- Development of the gut microbiota
- Swallowing air during meals
- Hypersensitivity to stimuli
- Environmental factors

Conventional treatments

There is no specific treatment.

The treatment plan is based primarily on:

Support for parents

- Carrying techniques
- A check of the feeding technique

Pediatric follow-up

Complementary approaches

Certain measures can contribute to the infant's comfort:

Portage

Gentle abdominal massage

Upright position after meals

Quiet environment

Nutritional assessment where indicated

Any changes to an infant's diet should be discussed with a healthcare professional.

When to consult a doctor?

Consult a doctor promptly if your baby presents with:

- fever
- green or bloody vomit
- weight loss
- a refusal to eat
- blood in the stool
- unusual crying associated with a general altered condition.

Bellis Wellness Clinic Approach

We support families with a comprehensive approach aimed at identifying factors that may influence the infant's digestive comfort, while working in conjunction with the monitoring provided by the pediatrician or attending physician.

