

STOP THE CRYING NOW: Get The Colic Cheat Sheet to End Gas, Reflux & mom Guilt. Welcome, Beautiful mama.

If you clicked this link, you're exhausted and worried,
Know this truth: you are not a bad mom.

Your baby's crying is not a sign of failure- it's a sign that their tiny digestive system is learning how to work.

We've condensed all the expert advice and mom- tested solutions into one simple, actionable guide.

your mission is not to invent a solution; it's to execute the plan below.

THE 5-STEP EMERGENCY PLAN

When the crying starts, don't panic.
Execute This Proven Sequence i
Immediately:

1. Swaddle: Wrap your baby snugly to recreate that warm, secure womb feeling.
2. Side/Stomach Position: Hold your baby on their side or stomach along your arm (the "Colic Carry"). That gentle pressure can bring instant relief.
3. Shush (Loudly!): Make a firm "Shhh" sound near their ear, louder than the crying, to interrupt the distress cycle.
4. Swing: Soft, rhythmic swinging or jiggling activates their natural calming reflex.
5. Suck: Offer a pacifier or your clean pinky (if approved by your doctor) to soothe them.

MOM GUILT KILLER:

You're allowed to pause. If it feels overwhelming, place your baby safely in their crib and step away for a few minutes. Taking care of yourself is taking care of your baby. You are doing amazing .

NIGHTTIME RESCUE GUIDE

(This content follows the feeding secrets section)

The Colic Crisis: Your 3-Minute Rescue Plan

1. Differentiating the Distress (Know the Cry)

Action	The Clue
Feed immediately.	Starts slow, builds, often paired with rooting/sucking motions.
Execute the Rescue Plan below.	Sudden, high-pitched screaming that is often timed (usually evenings). Baby pulls knees to chest and arches back.

2. The "I Love U" Gas Massage

This specific massage technique follows the natural path of your baby's colon to help push gas and relieve pressure. Use baby lotion for a smoother glide.

- **THE 'I':** Starting on your baby's left side, use your fingertips to stroke downwards from the ribs to the hip (like drawing the letter 'I').
- **THE 'L':** Stroke across the top of the belly (right to left) and then down the left side (like an inverted 'L').
- **THE 'U':** Complete the cycle by stroking up the right side, across the top, and down the left side (like an inverted 'U').

REPEATS: Do the full cycle 3-4 times. Always move clockwise to follow the natural flow of digestion.

3. Movement & Warmth: Immediate Physical Relief

- The Colic Rock: Try the "Football Hold" (Colic Carry) you learned—placing the baby facedown along your forearm to apply gentle pressure to the tummy.
- The Bicycle Kicks: While the baby is on their back, gently pump their legs in a circular bicycle motion towards their tummy (repeat 10 times). This physically pushes trapped air out.
- Secret Soothe: Place a warm (NOT HOT) cloth or heating pad on the baby's tummy during the massage. The gentle warmth relaxes the abdominal muscles and encourages gas release.

4. Red flags: When to call the pediatrician (This is for authority and safety, reinforcing that you are a responsible source).

If your baby shows any of the following signs, stop the routine and contact your doctor immediately:

- Refusing to Eat: Skipping several feedings or not wanting the breast/ bottle.
- High Fever: Temperature over 100.4°F (38°C).
Frequent vomiting or any green/ yellow vomit; Blood in the stool or severe diarrhea.

THE GAS-PROOF FEEDING SECRET

Small tweaks to feeding techniques can drastically reduce air swallowing and discomfort:

- The Perfect Latch: Whether bottle or breast, ensure the latch is deep with no gaps to prevent them from gulping air.
- Mid-Feeding Break: Burp your baby after every 5 minutes during feeding, not just at the end. This stops air from traveling deep into the gut.
- One Breast Policy (Breastfeeding Moms): Finish emptying one breast completely before switching. The richer "hindmilk" digests better and prevents sugar overload that causes gas.
- Probiotic Power: Ask your pediatrician about Lactobacillus reuteri drops. Evidence shows these drops can cut crying time in half for breastfed infants.

YOUR NEXT STEP TO CLAME

Now that you have the immediate relief plan, let's focus on building long-term comfort. Your tools matter!

Bottle struggle?

Check out our mom-tested review of the "4 Best Anti-Colic Bottles" that actually reduce gas

**CHECK OUT OUR MOM-TESTED REVIEW OF THE
"4 BEST ANTI-COLIC BOTTLES"**

skin care sos?

See which NEA-Accepted Lotions truly soothe dryness and eczema (and which ones to skip

**SEE OUR NEA-ACCEPTED LOTIONS TRULY
SOOTHE DRYNESS AND ECZEMA**

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Warmly,

Barbara from Bloom & Cuddle

Disclaimer:

I am not a doctor. The information in this guide is based on my personal experience and other moms' experiences, as well as general publicly available advice. It is not intended to replace professional medical guidance. Before trying any products, supplements, medications, or making changes to your baby's feeding routine, please consult your pediatrician or healthcare provider.



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