

Activity	Actions	Notes
What is Colic?	Rule of 3 Unexplained crying	Set reasonable expectations for crying periods. Parents may have come across terms such as 'purple crying'.
Triggers of colic	Swallowed air Immature digestion Allergies/ intolerances Altered gut microbiome	Be prepared to spend good time to explain each of these and the different symptoms so parents can assess the root cause.
How to minimise wind	Breastfeeding – has breastfeeding been assessed? Possible tongue-tie? Bottle feeding – specialist colic bottles, not shaking formula, paced feeding	Have a local breastfeeding specialist details available.  Handy to have a bottle available to demonstrate technique
Burping techniques	The importance for all babies to be burped. Wonky winding Indian bouncing	
Baby Massage & Baby Yoga	Explain how baby massage & baby yoga can help colic Demonstrate tummy massage / colic routine Knees to chest	Usual contraindications apply

	<p>Marching feet</p> <p>Kissing toes</p>	
Different colic remedies	<p>Infacol/dentinox</p> <p>Colief</p> <p>Gripe water / Colic Calm</p> <p>Infant probiotics</p> <p>Specialist hydrolysed formula for allergies via GP</p>	<p>Infacol can trigger reflux symptoms due to acidic nature of the orange blossom</p>
What is reflux & tips on minimising discomfort	<p>How does reflux differ from colic?</p> <p>Symptoms of simple/physical reflux v GERD</p> <p>Tips to soothe – babywearing, holding upright, not laying down flat</p> <p>Infant Gaviscon available from GP</p>	<p>PPI medication e.g. Omeprazole available from GP but NICE guidelines suggest hydrolysed formula should be trialled first. Can cause gas in babies.</p> <p>Gaviscon can cause constipation in babies</p>