The crying, the late nights—it's the absolute worst when you don't know what's wrong with your otherwise healthy baby. But when you understand the possible causes of colic, excessive crying and fussiness, you can find a solution that works for both of you.
COLIC
A.K.A.
EXCESSIVE CRYING & FUSSINESS

When your baby cries inconsolably and inexplicably for extended periods of time, most likely it's colic. And it's pretty much the worst. But you're not alone and there are things that can help.

WHAT THE HECK IS IT?

It is most often described as excessive crying or fussiness and the baby cannot be comforted. It is sometimes also characterized as when healthy baby cries for more than 3 hours a day, at least 3 days a week, for over 3 weeks. It usually starts in the first few weeks of life. Babies may experience increased crying in the evening and at night.

3 hours/day
3 days/week
More than 3 weeks/month

SIGNS

Look out for these signs:

Lots of crying (duh)
Gas, bloating, cramps
Clenched hands