



REDUCING COLIC MINDFULLY WORKBOOK

HOW TO SOOTHE YOUR BABY AND STAY CALM

Introduction: Finding Calm Amid the Chaos of Colic

Is your baby's colic causing stress and sleepless nights? You're not alone. Colic is a common challenge that leaves many parents feeling helpless. The good news is there are mindfulness techniques and physical exercises you can use to soothe your baby's discomfort and bring peace back into your household.

This guide combines expert tips from pediatric physical therapy and lactation professionals to help you reduce colic and build a stronger bond with your baby—all while keeping your own stress in check.



Step 1: Understand What Colic Is

What is Colic?

Colic refers to prolonged periods of crying or fussiness in a healthy infant, often occurring in the evening hours. Although the exact cause isn't always clear, it is typically linked to digestive discomfort, trapped gas, or overstimulation. By understanding colic and its triggers, you can start using specific techniques to alleviate your baby's symptoms.



Step 2: Gentle Manual Techniques for Colic Relief

I.) . Abdominal Massage for Gas Relief

Colic is often caused by trapped gas, so a simple abdominal massage can work wonders in easing your baby's discomfort.

How to Perform It:

Lay your baby on their back on a comfortable, safe surface.

Using two fingers, gently massage their belly in a clockwise motion (this follows the path of the intestines).

Do this for 1-2 minutes after each feeding to help move gas along and stimulate digestion.

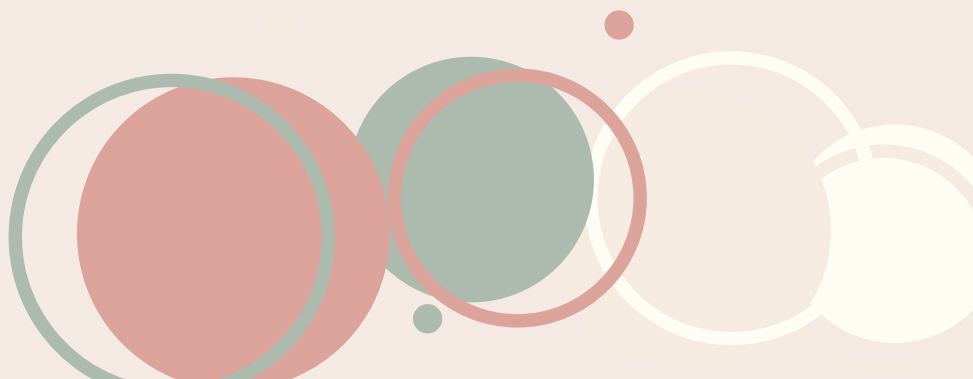
II.) Bicycle Leg Exercise

This fun, simple exercise helps release trapped gas and improves digestion.

How to Perform It:

With your baby lying on their back, gently move their legs in a cycling motion, like pedaling a bike.

Do this for 1-2 minutes a few times a day, especially when they seem gassy or fussy.



III.) Tummy Time for Colic Relief

Tummy time isn't just good for motor development—it can also aid digestion. As a PT, I am always trying to incorporate tummy time into my sessions to help with strengthening, digestion, and sensory regulation.



How to Perform It:

Lay your baby on their tummy for 3–5 minutes while they're awake and supervised. Place a prop under their belly and elbows tucked under them. Keep it a happy time, gently rolling them out of tummy time when they show signs of distress.

This position gently pressures the belly, encouraging gas release. Make tummy time a routine activity for overall development and comfort.

Step 3: Feeding Tips to Minimize Colic

How your baby feeds can significantly impact their risk of developing colic. Follow these tips to optimize feeding time and prevent colic from occurring.

1. Optimal Feeding Position

- Always position your baby upright during feedings to prevent air intake.
- Breastfeeding: Make sure your baby's head is higher than their stomach, and ensure a proper latch.
- Bottle Feeding: Hold the bottle at a slight angle to minimize air bubbles. Choose a slow-flow nipple to avoid your baby swallowing too much air.

2. Burping Techniques

Burping your baby after every feed helps prevent gas buildup. Gently pat or rub their back until they burp.

3. Slow Down Feeding

Overfeeding or feeding too quickly can cause digestive distress. If your baby is bottle-fed, ensure they have breaks during feeds and pace the flow to prevent swallowing air.

Step 4: Mindful Practices for Parents

Colic can be just as stressful for parents as it is for babies. These mindful techniques help you stay calm, which in turn creates a more soothing environment for your little one.

I.) Mindful Breathing

When your baby's colic episodes make you feel stressed, take a moment to focus on your breath.

How to Do It:

- Take a deep breath in through your nose for a count of 4.
- Hold the breath for 2 seconds.
- Exhale through your mouth for a count of 6.
- Repeat this 5 times to feel more grounded and centered, even during difficult moments.

II.) Body Scan Relaxation

This simple relaxation exercise helps release tension in your body so you can respond calmly to your baby's cries.

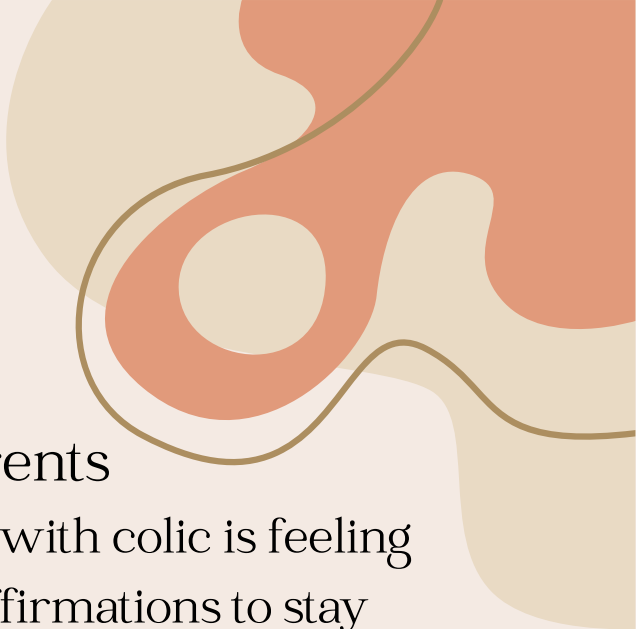
How to Do It:

Sit in a comfortable position and close your eyes.

Start by focusing on your toes, noticing any tension or tightness, and then consciously relaxing them.

Slowly move up your body, paying attention to each area—legs, hips, back, shoulders, arms, neck—releasing tension as you go.

After just a few minutes, you'll feel calmer and more prepared to support your baby.



III.) Positive Affirmations for Parents

Sometimes, the hardest part of dealing with colic is feeling helpless or overwhelmed. Use these affirmations to stay positive:

"I am doing my best, and that is enough."

"My baby feels my calm and love."

"This is a phase, and we will get through it together."

Find peace in knowing that:

- your baby is physically okay
- this season won't last forever

Step 5: Strengthen the Bond with Your Baby During Colic

Even in difficult moments, you can use colic episodes as opportunities to deepen your connection with your baby.

I.) Calming Touch

When your baby is fussy, holding them skin-to-skin or gently rubbing their back can help calm both of you.

How to Do It:

Hold your baby close, letting them feel your warmth and heartbeat. This physical closeness reassures your baby and can ease their distress.

You can also try taking a warm bath together with baby resting on your chest.

II.) Eye Contact and Soothing Voice

Babies respond to your facial expressions and voice, even when they're upset. Speaking softly and maintaining gentle eye contact can help create a sense of safety and comfort.

How to Do It:

Make eye contact with your baby during their fussy moments, smile gently, and speak in a calming voice. This lets them know you're there for them, even when they're uncomfortable.

NAVIGATING COLIC WITH CONFIDENCE

Colic is challenging, but with these physical and mindful techniques, you can help ease your baby's discomfort while staying calm yourself.

Remember, this is just a phase, and by approaching it mindfully, you can transform colic from a stressful experience into an opportunity to strengthen the bond with your baby.

READY FOR A DEEPER-DIVE INTO COLIC
RELIEF?



For parents seeking ongoing support, explore my comprehensive course, **"The Stress-Free Feeding Roadmap"** This course will **calm your anxiety, reduce colic and crying, and nurture the bond between you and baby.**"

In this course you'll dive deeper into **feeding techniques, mindful practices, and troubleshooting** common infant issues.

Also gain access to **step-by-step exercises, trackers, and bonus resources** to help you and your baby thrive.

 **Enroll Now!**