

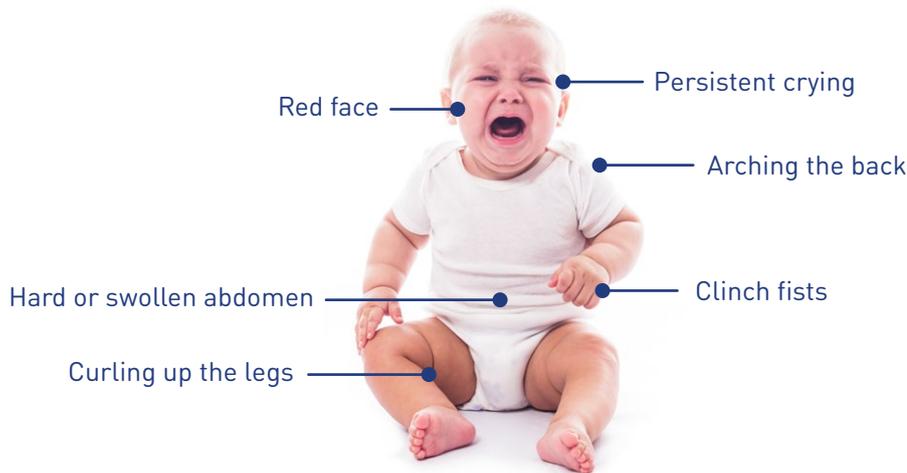
My baby is not feeling well: What could it be?



Colic

In 10-30% of the babies, it may occur from the 2nd week up to the 3rd month.

HOW CAN I TELL IF MY BABY HAS COLIC?



WHY DOES MY BABY GET COLIC?



Gas



Bloating



Cramps



Hunger



Overfeeding



Allergies



Frustration



Anxiety

WHAT CAN I DO TO HELP?

THE BEST MEDICINE? ♥ LOVE, UNDERSTANDING & PATIENCE!

Also, you can...



Find a quiet place and pat your baby gently on the back



Try putting your baby across your lap tummy-side down



Massage your baby's tummy with circular movements



Swaddle your baby or try a warm bath



Move your baby's legs in a bicycle motion



Continue breastfeeding, but avoid spicy or fatty foods, onion or cabbage

Allergies

Allergies are an exaggerated immune response to a substance that is usually harmless. Food allergies are quite common in infants and children.

HOW CAN I TELL IF MY BABY SUFFERS FROM AN ALLERGY?



Cough



Belly pain



Diarrhea



Nausea/
vomiting



Runny or
blocked nose



Trouble
breathing



Itchy throat/tongue,
skin, and/or eyes



Swollen lips
and throat

WHY DOES MY BABY GET AN ALLERGY?



Genetics



Dietary
factors



Predisposition
to allergies

There is no reason to wait with the introduction to potentially allergenic foods to a later age than other complementary foods. The EFSA found no evidence that shows introduction of allergenic foods before 6 months is harmful. In fact, early introduction may even reduce the risk of food allergies.

WHAT CAN I DO TO HELP?

Get in contact with your pediatrician!

The treatment depends on the type of allergy your baby has.

There are some foods that are potentially allergenic.

Examples include:



cow's milk



cereals



eggs



fish



peanuts