Is your baby crying excessively?

Do you feel your baby is crying too much but have been told 'all babies cry'?

My name is Christian Bates and I own The Perrymount Clinic in West Sussex. I specialise in treating newborns with cranial osteopathy and helping mums with their own nutrition. After 20 years and thousands of mum & baby patients, I can assure you that 'All babies cry' is NOT normal. There is help for these babies!



Let's start with the birth. Your birth story contains the conditions that affect whether your baby is colicky, excessively crying, upset and even how they sleep as toddlers in the future. Did you have C-section? Antibiotics? Ventouse? Forceps? A stressful delivery? Even a relatively normal delivery can have factors that upset your baby. They are all described in my book Calming Colic - How To Help The 10 Causes Of Colic (www.calmingcolic.com). It's not just about colic though! My book will help your baby right now if they are crying, upset, not sleeping and can even benefit their future health too.

This is my MISSION: To use my clinical experience and research to educate parents that there are solutions to help calm your upset baby. Mums shouldn't be told 'All babies cry' or 'Wait 12 weeks and they all get better' anymore. You can have your baby happier, quicker by understanding the causes of their irritability and get them on track for better future health and sleep.

I've put together this quick guide of tips and advice that I give to all of my mum & baby patients on a daily basis. For a more in-depth version of my solutions, please visit www.calmingcolic.com to purchase my book.



LATCH Certain delivery types can influence your baby's latch.

The delivery can determine how your baby moves their neck from side to side and whether they have tension or discomfort in their head. These issues then play a role in successful breast feeding. I'm sure you can tell if your baby is uncomfortable in the breastfeeding position. Cranial Osteopathy can ease these tensions to allow better head, neck and jaw movement.









YOUR GUT

If you are breastfeeding it is helpful to understand that your own gut communicates with your breast milk which enters your baby. Think of yourself and your baby as one unit on all levels. For example, if you are eating foods that are making you windy those same foods will often make your baby windy/colicky too. For a list of "wind producing" foods, visit www.calmingcolic.com

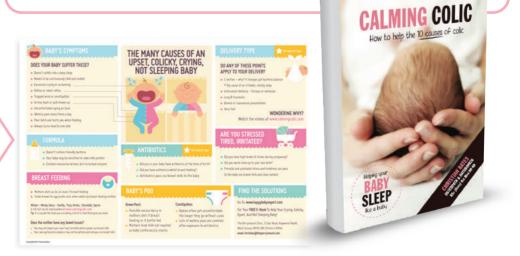
YOUR BREAST MILK

Your breast milk is a major provider of good bacteria for your baby, however, YOU need to have healthy bacteria yourself. I commonly see mums with Irritable Bowel Syndrome (IBS) have a colicky baby, because IBS sufferers are usually low in good bacteria themselves. You can supplement yourself with a specialist baby probiotic which will pass onto your baby via your milk as well as giving you a healthy top-up. In my clinic, I highly recommend Biogaia Protectis available from www.calmingcolic.com

FREE DOWNLOAD

In my book, 'Calming Colic', I take you through the common causes of an upset crying, colicky baby. There are many! All these are listed in a handy free download available at www.calmingcolic.com

www.calmingcolic.com



THE BRAIN-GUT CONNECTION.

How a baby's tummy is behaving can be a major factor in how they are sleeping. If they are windy, constipated or have frequent watery poos they won't sleep well. One reason for this is that the "Vagus Nerve" from the brain communicates to the bowel and from the bowel to the brain. Basically, if the bowel is awake and active the brain will be too, which equals NO sleep! In all children of all ages that have any health problems a great question to ask is "how is their tummy?".







DELIVERIES

It's easy to understand that a long, traumatic delivery can cause problems for a baby. Surprisingly, c-section, planned c-section and very quick deliveries also leave babies very irritable, jumpy and light sleepers.

GUT BACTERIA

Research has shown that a baby's friendly gut bacteria is forced out of balance after a number of factors around delivery. These factors, including the imbalance in gut flora, have been shown to make it more likely that your baby could have food allergies, eczema or asthma issues later in life. Correcting these imbalances can actually have a future health benefit. You can read more details in 'Calming Colic'.

CALMING COLIC



Join Christian on Facebook for LIVE baby help videos





f CalmingColic



visit www.calmingcolic.com to purchase the book





ANTIBIOTICS

My interest in colic came when I realised that most of the babies that were colicky had had exposure to antibiotics which are known to cause digestive issues in adults. It seemed highly likely they would also be a factor in babies too. If you know the cause of an issue, you can than find a way to fix it. Visit the Calming Colic Facebook page https://.facebook.com/CalmingColic and watch LIVE videos for more hints and tips to calm you baby.

STRESS

The stress a mother is feeling passes to her baby via her milk. This can alter the gut bacteria and aggravate colic and wind. Don't forget that even if you aren't breast feeding a baby can still sync with your stress and get upset. If you are feeling the pressure, it's time to hand your baby over to family or friend and have a well deserved break!



EXCESSIVELY CRYING

The babies that see me for treatment and benefit from the advice in my book are most often babies that are excessively crying, upset and not sleeping. A mum's intuition knows that their baby isn't right and they don't accept the 'all babies cry' advice and the 'wait 12 weeks' advice they are given. If you are local to Haywards Heath in West Sussex, UK, you can have treatment with myself, Christian Bates, at The Perrymount Clinic. If you aren't local then all of my advice is in my book 'Calming Colic' available at www.calmingcolic.com. Please also visit my Calming Colic facebook page for LIVE videos, chat events & webinars. Pop over and join our community aimed at helping mother & baby.

To buy the book Calming Colic, for free downloads, Blogs and baby help videos visit www.calmingcolic.com. Also follow Christian on Facebook calming colic and The Perrymount Clinic. For baby appointments call 01444 410944. www.theperrymount.com