

# **30 Things to try if your baby has colic**

1. A change of scenery
2. Gas drops directly in their bottle
3. The 5s from [The Happiest Baby on the Block.](#)
4. A car ride
5. Limit your caffeine intake
6. Pound the pavements in the stroller
7. Put the baby in the carrier and do squats and lunges
8. Get baby naked
9. A nice warm bath and keep the water running for white noise.
10. A quiet dark room can sometimes act as a reset button.
11. A ceiling fan for baby to stare at while he lies on the floor.
12. Put the car seat on the dryer and turn it on, the movement can calm babies
13. Eliminating gassy foods such as broccoli, beans, and dairy
14. A probiotic such as [these drops](#) can help uncomfortable tummies.
15. Try gently swinging baby with your forearm on his stomach
16. Bounce with the baby on a yoga ball
17. Put her in the carrier and walk outside.
18. Try blasting a hairdryer on cool close to baby
19. If you suspect tummy issues, some people swear by [gripe water.](#)
20. Eliminating soy in your diet can help if the issue is gas related.
21. A visit to a chiropractor specializing in newborns.
22. Pump a feed and see if it makes a difference
23. Try a bouncy seat like [this one.](#)
24. [MAM brand](#) pacifiers seem to work for a lot of fussy babies.
25. Make sure baby isn't overtired.
26. Consider getting a [Rock 'n Play Sleeper](#) or a swing for the early days.
27. A very thin, breathable muslin blanket like [these swaddles](#) close to baby's cheek
28. Put baby in the car seat and rock it back and forth.
29. Check toes and fingers and make sure there are no little hairs twisted around
30. Try massaging baby's tummy to work any gas out. Bicycling their legs can also help