

# The Colic Report (1)

*A report for Dr. Brown's Natural Flow, in the interests of all mothers who are  
concerned about colic in their babies*

**April 2010**

The logo for Consumer Analysis Limited is a solid magenta square. In the bottom right corner of the square, the words "Consumer" and "Analysis Limited" are written in white, stacked vertically. "Consumer" is in a larger font size than "Analysis Limited".

Consumer  
Analysis Limited

## CONTENTS

<b>Executive Summary</b>	<b>Page 3</b>
<b>Key Findings</b>	<b>Page 4</b>
<b>Regional Findings</b>	<b>Page 5</b>
<b>Greater London</b>	<b>Page 6</b>
<b>South East</b>	<b>Page 7</b>
<b>South West</b>	<b>Page 8</b>
<b>East of England</b>	<b>Page 9</b>
<b>East Midlands</b>	<b>Page 10</b>
<b>West Midlands</b>	<b>Page 11</b>
<b>Wales</b>	<b>Page 12</b>
<b>Yorkshire &amp; Humberside</b>	<b>Page 13</b>
<b>North East</b>	<b>Page 14</b>
<b>North West</b>	<b>Page 15</b>
<b>Scotland</b>	<b>Page 16</b>
<b>Northern Ireland</b>	<b>Page 17</b>
<b>The Interviewees</b>	<b>Page 18</b>
<b>The Findings</b>	<b>Page 19</b>
<b>Appendix</b>	<b>Page 43</b>

## EXECUTIVE SUMMARY

Almost half of all babies in the UK will suffer with colic in their early weeks and months, yet the condition is still poorly understood. Many mothers cannot understand why their seemingly well fed and healthy baby won't stop crying. 1003 mothers with babies under six months were interviewed in depth, and this survey shows that even if they do recognise that their baby has colic many do not know what to do about it or who to turn to.

The study found that 7% of mums are unsure whether some symptoms are colic or not and six out of ten (58%) of mothers with babies under six months are unable to describe even one symptom of colic correctly. Even amongst mothers whose babies had suffered from colic, or are suffering now, just 45% could correctly describe one symptom or more.

There is no known cure for colic, but the most commonly used treatment at the moment is a special medicine for colic such as Infacol or Colief (61%). However, medicinal remedies are not always welcomed by mothers since 46% of mums told us they were concerned about giving medicine to a baby. One mother was recommended Gaviscon by her GP but didn't want to give medicine to such a small baby.

Many parents are getting very different messages from the health professionals that they consult. Health visitors do not seem to be agreed on the best treatment for colic – some are recommending Infacol, others rubbing the baby's tummy, and also other methods like gripe water and rubbing the baby's back. Some GPs avoid medicines while others think it is the best solution. With frustrated and sleep-deprived mums turning to many different people for advice, it's unsurprising that they often end up trying multiple "cures" for colic. Some of the more obscure remedies include boiling cumin seeds and giving the baby the water, while some breast-feeding mothers had tried drinking fennel tea to solve the problem.

The third most common treatment for colic, after giving the baby medicine and using massage, is changing the baby's bottle (28%). The number one choice for a new bottle was Dr Brown's Natural Flow (43%), possibly because they have been highly recommended by internet forums, friends, health visitors and GPs. Amazingly, three quarters of mums who changed to Dr Brown's Natural Flow said that the colicky symptoms improved, and 36% said that it worked instantly – after just one feed. This was a substantially higher result than any other bottle that had been tried as an alternative.

Mums agreed that their babies were not sucking in as much air with the Dr Brown's baby bottles and they could take the milk better. Many said that they had tried everything else to no avail before Dr Brown's Natural Flow, and it even helped a baby with reflux. Improvements were also seen with other bottles, but often mothers were using other methods at the same time, such as Infacol or anti colic teats, so they could not be sure if it was the bottle that made the difference or not. Dr Brown's Natural Flow showed the quickest improvement, with mums noticing a difference after an average of 5.4 feeds.

Dr Brown's Natural Flow made a huge difference in mother's lives. Many have said that changing the bottle made things calmer and less stressful in their household, and one mum said that it was like her son was a different baby afterwards. With looking after a young baby being stressful enough, these women were delighted to have found a way to stop their baby's colicky symptoms.

**Laura Anderson**  
Report Author

## KEY FINDINGS

Key facts are highlighted in the report which follows.

Page numbers where corresponding tables can be found are indicated in brackets after each fact.

**Almost half of all babies in the UK develop colic. 40% of mums with small babies are sure their babies have or have had colic, while a further 7% of mums are unsure whether some symptoms might have been colic**

Only two out of five mothers with young babies (42%) could correctly name one or more of the symptoms of colic [p.20]

**According to mums in the survey, the most well known sign of colic is the baby's legs curling up to their stomach (26%), followed by long periods of crying (23%) [p.20]**

46% of mums feel concerned about giving medicine to small babies and 28% think that other methods should be tried before medicine. [p.22]

**A miniscule 15% of babies who used Dr Brown's Natural Flow in their early months developed colic, a significantly smaller amount than those using Tommee Tippee (42%) or Phillips Avent (40%). The most likely bottle to be associated with colic was the Mothercare bottle, as 56% of babies in the survey were using them and suffered with colic. [p.27]**

Strangely, 28% of babies developed colic while being fully breast fed, more than those using Dr Brown's Natural Flow bottles (15%). [p.27]

**Colic led 62% of mothers to be frustrated that they couldn't solve the problem, 29% felt that the crying caused a lot of stress in the household and a fifth (20%) felt guilty because they thought that they were doing something wrong. [p.28]**

Concerned mothers were more likely to turn to their health visitor than their mum for advice about their colicky baby (47% vs. 29%) [p.29]

**The most common treatment for colic used by the mums in the survey was a special medicine such as Infacol or Colief (61%), followed by using massage (32%) and changing the baby's bottle (28%) [p.31]**

Dr Brown's was the first choice (43%) for mums changing their baby's bottle to relieve the symptoms of colic. [p.33]

**Three quarters of babies with colic (75%) whose mums changed to Dr Brown's Natural Flow saw improvement in their colicky symptoms after their bottles were changed. Just 44% of Tommee Tippee and 45% of Avent users saw an improvement. [p.34]**

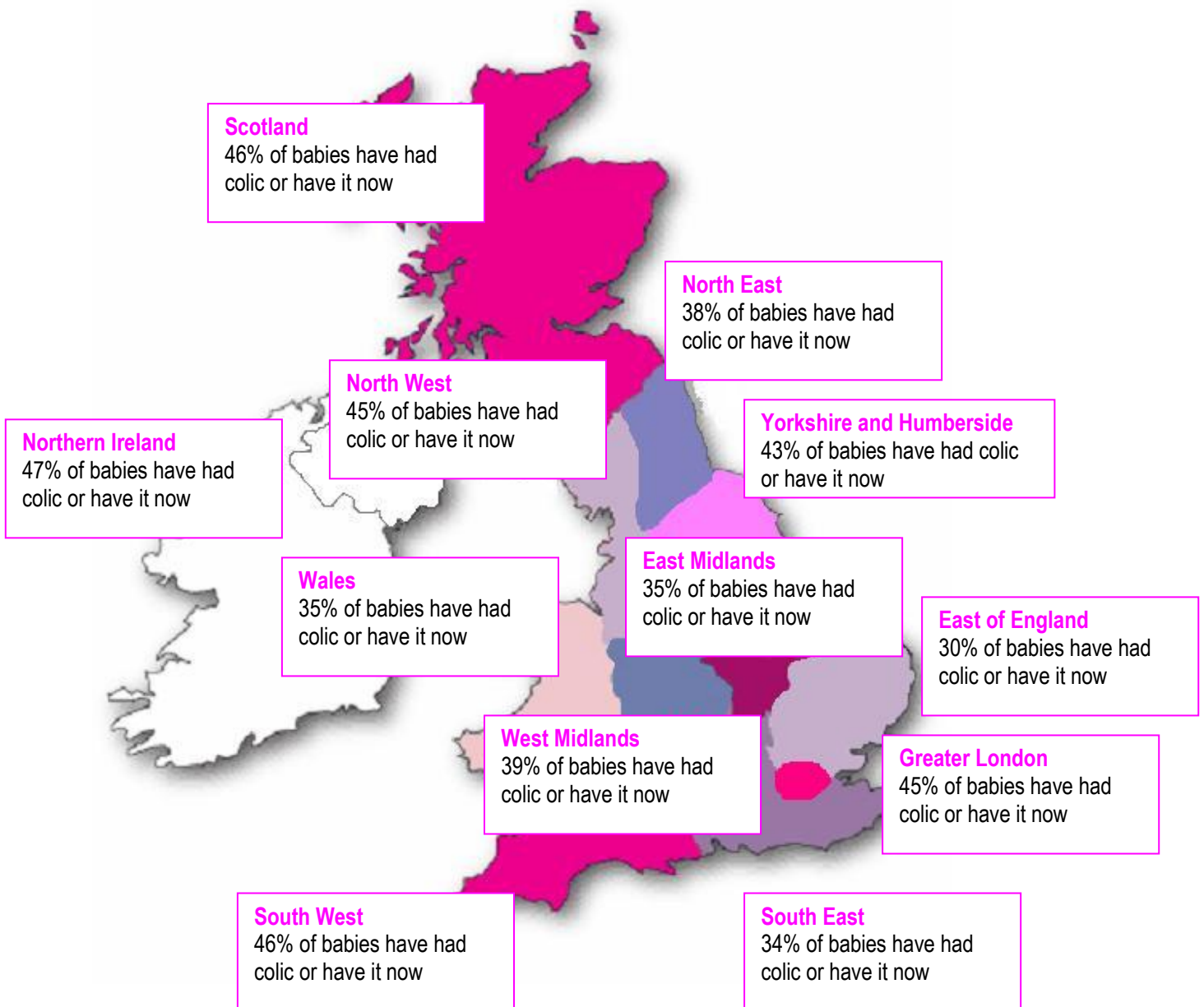
Over half (53%) of those changing to Dr Brown's Natural Flow saw an improvement in three feeds or less, outperforming Tommee Tippee (36%) and Phillips Avent (33%) [p.34]

**36% of Dr Brown's Natural Flow users noted a distinct change for the better after just one feed, far more than any other bottle including Phillips Avent (22%) and Tommee Tippee (9%). No mums using any other bottle (MAM, Mothercare etc) saw results in this time. [p.35]**

On average it took 5.4 feeds for mums using Dr Brown's to see an improvement in their babies' colic symptoms, the shortest time of all bottles.[p.35]

## REGIONAL MAP

Map shows the percentage of babies under six months who had had colic or are suffering from colic now. The national figure was 40%.



## REGIONAL FINDINGS

Figures in bold represent the national average

### GREATER LONDON

Londoners are the most woefully under informed when it comes to colic – 78% were unable to describe even one symptom correctly, the most clueless of any region of the UK

**58%**

47% of Londoners feel concerned about giving medicine to small babies and a quarter think that other methods should be tried before medicine.

**46%, 28%**

45% of babies under six months old in London have had colic or are suffering from it now.

**40%**

Colic led 54% of London mothers to be frustrated that they couldn't solve the problem, 19% felt that the crying caused a lot of stress in the household and 13% could not understand why their baby got colic and not others

**62%, 29%, 19%**

Concerned mothers are more likely to turn to a health professional like the health visitor (40%) or their GP (29%) than their mum (15%) for advice about their colicky baby

**47%, 20%, 29%**

The most common treatment for colic in London is a special medicine like Infacol or Colief (65%), followed by changing the baby's bottle (33%) and using massage (27%)

**61%, 28%, 32%**

Tomme Tippee was the first choice (35%) for London mums changing their baby's bottle to relieve the symptoms of colic.

**23%**

Just 12% of London mums changed their baby's bottle to Dr Brown's Natural Flow to relieve the symptoms of colic, the least of any region of the UK

**43%**

It took on average 11.6 feeds for Londoners to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms, the most of any region except Scotland (11.8)

**7.1 feeds**

A third of mums (33%) found that it took more than twenty feeds before they saw an improvement in their baby's colicky symptoms after they changed the bottle.

**9%**

## SOUTH EAST

South Easterners are the most well informed when it comes to colic – just 39% were unable to describe one symptom correctly, the most clued up of any region of the UK

**58%**

47% of mums in the South East feel concerned about giving medicine to small babies and 30% think that other methods should be tried before medicine.

**46%, 28%**

34% of babies under six months old in the South East have had colic or are suffering from it now.

**40%**

Colic led 69% of mothers to be frustrated that they couldn't solve the problem, 24% felt that the crying caused a lot of stress in the household and 18% felt guilty that they were doing something wrong

**62%, 29%, 20%**

South Easterners are more likely to turn to their mothers for help and advice about colicky babies (40%) than any other part of the UK, though their first choice would still be their health visitor (51%)

**29%, 47%**

The most common treatment for colic in the South East is a special medicine like Infacol or Colief (56%), followed by using massage (44%) and changing the type of formula milk (24%)

**61%, 32%, 17%**

Just 18% of mothers in the South East have tried or are trying to relieve colicky symptoms by changing the baby's bottle, far below the national average.

**28%**

Dr Brown's Natural Flow was the first choice (50%) for SE mums changing their baby's bottle to relieve the symptoms of colic

**43%**

88% saw symptoms improve after they changed the baby bottle

**62%**

It took on average 4.6 feeds for South Easterners to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms

**7.1 feeds**

## SOUTH WEST

58% of South Westerners, the same as the national average, were unable to describe one symptom of colic correctly.

**58%**

The most well known sign of colic in the South West is the baby's legs curling up to their stomach (21%), followed by long periods of crying (14%)

**26%, 23%**

Mums in the South West are the least concerned of any region about giving medicine to small babies. 23% are concerned about it and just 17% think that other methods should be tried before medicine.

**46%, 28%**

46% of babies under six months old in the South West have had colic or are suffering from it now.

**40%**

Colic led 51% of mothers to be frustrated that they couldn't solve the problem, 37% felt that the crying caused a lot of stress in the household and 20% felt that the baby was upsetting the whole family

**62%, 29%, 15%**

41% of mothers in the South West go to their health visitor for help and advice, while 22% go to their mum.

**47%, 29%**

The most common treatment for colic in the South West is a special medicine like Infacol or Colief (66%), followed by using massage (37%) and changing the baby's bottle (20%)

**61%, 32%, 28%**

Dr Brown's Natural Flow was the first choice (38%) for SW mums changing their baby's bottle to relieve the symptoms of colic

**43%**

It took on average 11.3 feeds for South Westerners to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms

**7.1 feeds**



## EAST OF ENGLAND

67% of East of Englanders were unable to describe one symptom of colic correctly.	<b>58%</b>
Six out of ten mums in the East of England feel concerned about giving medicine to small babies, the most of any region in the UK0	<b>46%</b>
35% think that other methods should be tried before medicine.	<b>28%</b>
Just 30% of babies under six months old in the East of England have had colic or are suffering from it now, the smallest amount of any region	<b>40%</b>
East of Englanders are most likely to blame themselves and feel that it is all their fault that their baby got colic (30%)	<b>14%</b>
Three quarters (74%) of mums felt frustrated that they couldn't solve the problem of colic and a third (33%) felt guilty that they were doing something wrong when their child developed colic.	<b>62%, 20%</b>
Mothers are equally likely to turn to their mums and their GPs (26%) for help and advice about colicky babies, though their first choice would still be their health visitor (56%)	<b>29%, 20%, 47%</b>
The most common treatment for colic in the East of England is a special medicine like Infacol or Colief (70%), followed by using massage (41%) and changing the bottle (22%)	<b>61%, 32%, 28%</b>
Dr Brown's Natural Flow was the first choice (50%) for EE mums changing their baby's bottle to relieve the symptoms of colic	<b>43%</b>
50% saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 4.7 feeds for East of Englanders to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms	<b>7.1 feeds</b>
67% saw an improvement in just one feed after changing feeding bottles to ease their baby's colicky symptoms	<b>23%</b>

## EAST MIDLANDS

43% of East Midlanders were unable to describe one symptom of colic correctly.	<b>58%</b>
Half of mums in the East Midlands feel concerned about giving medicine to small babies	<b>46%</b>
One in ten think that small babies should not be given any medicine for colic at all.	<b>5%</b>
35% of babies under six months old in the East Midlands have had colic or are suffering from it now	<b>40%</b>
Eight out of ten (79%) of mums felt frustrated that they couldn't solve the problem of colic and a third (33%) felt guilty that they were doing something wrong when their child developed colic.	<b>62%, 20%</b>
39% of mothers in the East Midlands go to their health visitor for help and advice when their baby gets colic, while 35% go to their mum.	<b>47%, 29%</b>
The most common treatment for colic in the East Midlands is a special medicine like Infacol or Colief (48%), followed by using massage (26%) and using heat on the baby's tummy (22%)	<b>61%, 32%, 4%</b>
Just 17% of mums changed the baby's bottle to relieve the symptoms of colic, the least of any region.	<b>28%</b>
Dr Brown's Natural Flow was the first choice (50%) for EM mums changing their baby's bottle to relieve the symptoms of colic	<b>43%</b>
75% saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 4.0 feeds for East Midlanders to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms	<b>7.1 feeds</b>

## WEST MIDLANDS

62% of West Midlanders were unable to describe one symptom of colic correctly.	<b>58%</b>
42% of mums in the West Midlands feel concerned about giving medicine to small babies	<b>46%</b>
39% of babies under six months old in the West Midlands have had colic or are suffering from it now	<b>40%</b>
Three quarters (74%) of mums felt frustrated that they couldn't solve the problem of colic and 38% felt that the baby's crying caused their household to be under a lot of stress	<b>62%, 29%</b>
18% of West Midlanders turned to the internet for advice when their baby developed colic, the most of any region of the UK	<b>6%</b>
West Midlanders are most likely to go to someone in their family (but not their mum) for help and advice when their baby gets colic (44%)	<b>24%</b>
41% of mothers in the East Midlands go to their health visitor for help and advice, while 38% go to their mum.	<b>47%, 29%</b>
The most common treatment for colic in the West Midlands is a special medicine like Infacol or Colief (62%), followed by using massage (44%) and changing the baby's bottle (28%)	<b>61%, 32%, 28%</b>
Dr Brown's Natural Flow was the first choice (55%) for WM mums changing their baby's bottle to relieve the symptoms of colic	<b>43%</b>
73% saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 4.8 feeds for West Midlanders to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms	<b>7.1 feeds</b>

## WALES

Six out of ten Welsh mothers were unable to describe one symptom of colic correctly.	<b>58%</b>
54% of mums in Wales feel concerned about giving medicine to small babies	<b>46%</b>
35% of babies under six months old in Wales have had colic or are suffering from it now	<b>40%</b>
61% of mums felt frustrated that they couldn't solve the problem of colic and 28% felt guilty that they were doing something wrong	<b>62%, 20%</b>
Welsh mothers are more likely to go to their health visitor (67%), someone in their family (33%) or a friend (33%) for help and advice when their baby gets colic, rather than their mum (28%)	<b>47%, 24%, 18%, 29%</b>
Welsh mums are more likely to give their baby a special medicine to relieve the symptoms of colic than any other part of the UK (72%)	<b>61%</b>
39% of mums changed the baby's bottle to relieve the symptoms of colic, the second most used treatment after medicine	<b>28%</b>
86% of WM mums changed their baby's bottle to Dr Brown's Natural Flow to relieve the symptoms of colic, the most of any region	<b>43%</b>
It took on average 10 feeds for Welsh mums to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms	<b>7.1 feeds</b>

## YORKSHIRE & HUMBERSIDE

Under half (49%) of mums in Yorkshire and Humberside were unable to describe one symptom of colic correctly.	<b>58%</b>
41% of mums in Yorkshire and Humberside feel concerned about giving medicine to small babies	<b>46%</b>
A third (32%) of mums think that other methods should be tried before resorting to medicine.	<b>28%</b>
43% of babies under six months old in the West Midlands have had colic or are suffering from it now	<b>40%</b>
64% of mums felt frustrated that they couldn't solve the problem of colic and 41% felt that the baby's crying caused their household to be under a lot of stress	<b>62%, 29%</b>
18% of those in Yorkshire and Humberside turned to their midwife for advice when their baby developed colic, the most of any region matched only by the North West	<b>12%</b>
36% of mothers in Yorkshire and Humberside go to their health visitor (the least of any region) for help and advice, while 31% go to their mum.	<b>47%, 29%</b>
The most common treatment for colic in the West Midlands is a special medicine like Infacol or Colief (62%), followed by using massage (33%)	<b>61%, 32%</b>
26% of mums changed the baby's bottle to relieve the symptoms of colic	<b>28%</b>
Dr Brown's Natural Flow was the first choice (50%) for YH mums changing their baby's bottle to relieve the symptoms of colic	<b>43%</b>
60% saw symptoms improve after they changed the baby bottle	<b>62%</b>
67% of mums in Yorkshire and Humberside saw improvements in just one feed when they changed feeding bottles to ease their baby's colicky symptoms.	<b>23%</b>
It took on average 3.7 feeds for mums in Yorkshire and Humberside to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms. This was the quickest improvement of any region of the UK	<b>7.1 feeds</b>

## NORTH EAST

50% of mums in the North East were unable to describe one symptom of colic correctly.	<b>58%</b>
41% of mums in the North East feel concerned about giving medicine to small babies	<b>46%</b>
One in ten mums think that small babies should not be given any medicine for colic at all.	<b>5%</b>
38% of babies under six months old in the North East have had colic or are suffering from it now	<b>40%</b>
Eight out of ten mums felt frustrated that they couldn't solve the problem of colic and 33% felt guilty that they were doing something wrong	<b>62%, 20%</b>
Over a quarter (27%) felt ashamed that their baby had colic, more than any other region of the UK	<b>4%</b>
Seven out of ten mothers (71%) turned to the health visitor for advice when their baby developed colic, the most of any region	<b>47%</b>
Just 14% would go to their mum for advice about their colicky baby, the least of any region of the UK. Instead they prefer to go to their health visitor (71%), a friend (36%) or someone else in the family (36%)	<b>29%, 47%, 18%, 24%</b>
The most common treatment for colic in the North East is changing the baby's bottle (71%). North Eastern mothers are more likely to do this than any other part of the UK, matched only by Northern Ireland	<b>28%</b>
Mums in the North East are the least likely to use a special medicine like Infacol or Colief relieve the symptoms of colic (43%)	<b>61%</b>
Dr Brown's Natural Flow was the second choice (30%) for NE mums after Tommee Tippee (40%) for changing their baby's bottle to relieve the symptoms of colic	<b>43%, 23%</b>
60% saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 7.8 feeds for mums in the North East to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms.	<b>7.1 feeds</b>

## NORTH WEST

63% of mums in the North West were unable to describe one symptom of colic correctly.	<b>58%</b>
Over half (55%) of mums in the North West feel concerned about giving medicine to small babies	<b>46%</b>
45% of babies under six months old in the West Midlands have had colic or are suffering from it now	<b>40%</b>
49% of mums felt frustrated that they couldn't solve the problem of colic and 27% felt that the baby's crying was putting the household under a lot of stress	<b>62%, 29%</b>
18% turned to their midwife for advice when their baby developed colic, the most of any region matched only by Yorkshire and Humberside	<b>12%</b>
Concerned mothers are more likely to turn to the health visitor (43%) than their mum (31%) for advice about their colicky baby	<b>47%, 29%</b>
The most common treatment for colic in the North West is a special medicine like Infacol or Colief (53%), followed by giving them medicine like Calpol (27%)	<b>61%, 14%</b>
One fifth (20%) of mums changed the baby's bottle to relieve the symptoms of colic	<b>28%</b>
30% of mums in the North West changed bottle to Dr Brown's Natural Flow to relieve the symptoms of colic	<b>43%, 23%</b>
60% saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 6 feeds for mums in the North West to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms.	<b>7.1 feeds</b>

## SCOTLAND

63% of mums in Scotland were unable to describe one symptom of colic correctly.	<b>58%</b>
Over half (52%) of mums in Scotland feel concerned about giving medicine to small babies	<b>46%</b>
38% think that other methods should be tried before resorting to medicine, the most of any region of the UK	<b>28%</b>
46% of babies under six months old in Scotland have had colic or are suffering from it now	<b>40%</b>
46% of mums felt frustrated that they couldn't solve the problem of colic and 22% felt that the baby's crying was putting the household under a lot of stress	<b>62%, 29%</b>
Concerned mothers are twice as likely to turn to the health visitor (65%) than their mum (32%) for advice about their colicky baby	<b>47%, 29%</b>
The most common treatment for colic in Scotland is a special medicine like Infacol or Colief (62%), followed by massage (32%)	<b>61%, 32%</b>
27% of mums changed the baby's bottle to relieve the symptoms of colic	<b>28%</b>
60% of mums in Scotland changed bottle to Dr Brown's Natural Flow to relieve the symptoms of colic	<b>43%</b>
Eight out of ten saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 11.8 feeds for mums in Scotland to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms.	<b>7.1 feeds</b>



## NORTHERN IRELAND

67% of mums in Northern Ireland were unable to describe one symptom of colic correctly.	<b>58%</b>
37% of Northern Irish mums feel concerned about giving medicine to small babies	<b>46%</b>
47% of babies under six months old in Northern Ireland have had colic or are suffering from it now	<b>40%</b>
86% of Northern Irelanders felt frustrated that they couldn't solve the problem of colic, making them the most exasperated mums in the country	<b>62%</b>
57% felt that the baby's crying caused their household to be under a lot of stress and 43% didn't understand why it was their baby that had colic and not others	<b>29%, 19%</b>
36% of those in Northern Ireland turned to their GP for advice when their baby developed colic, the most of any region	<b>20%</b>
Half of Northern Irish mothers go to their health visitor for help and advice, while 36% go to their mum.	<b>47%, 29%</b>
The most common treatment for colic in Northern Ireland is changing the baby's bottle (71%). Northern Irish mothers are more likely to do this than any other part of the UK, matched only by the North East	<b>28%</b>
Seven out of ten (71%) mums gave their baby a special medicine like Infacol or Colief to relieve the symptoms of colic	<b>61%</b>
Dr Brown's Natural Flow was the first choice (50%) for NI mums changing their baby's bottle to relieve the symptoms of colic	<b>43%</b>
Eight out of ten saw symptoms improve after they changed the baby bottle	<b>62%</b>
It took on average 4.9 feeds for mums in Northern Ireland to notice an improvement in their babies after they changed feeding bottles to ease their baby's colicky symptoms. This was the quickest improvement of any region of the UK	<b>7.1 feeds</b>

## THE INTERVIEWEES

There were 1003 mothers with babies aged six months and under from England, Scotland, Wales and Northern Ireland involved in our survey.

In lengthy telephone and face to face interviews they were asked what they knew about colic in babies and if their baby had suffered with it, the treatments they had tried.

The fieldwork was carried out during March and April 2010. Regional figures match the density of population. Figures may not add up to 100 due to rounding up.

### Gender of the baby

\*Three mothers did not want to reveal the gender of their baby

Male	461	46%
Female	539	54%
<b>Total</b>	<b>1000*</b>	<b>100%</b>

### Age of the mother

\*Fourteen mothers did not want to give their age

Teens	45	5%
20s	432	44%
30s	467	47%
40+	45	5%
<b>Total</b>	<b>989</b>	<b>100%</b>

### Colicky babies vs. Non colicky babies

Yes, has had it but doesn't have it any longer	330	33%
Yes, and is still suffering from it	70	7%
No – hasn't had colic	531	53%
Not sure	72	7%
<b>Total</b>	<b>1003</b>	<b>100%</b>

### Region

London	116	12%
South East	136	14%
South West	90	9%
East of England	89	9%
East Midlands	70	7%
West Midlands	101	10%
Wales	52	5%
Yorkshire & Humberside	90	9%
North East	40	4%
North West	109	11%
Scotland	80	8%
Northern Ireland	30	3%
<b>Total</b>	<b>1003</b>	<b>100%</b>

*After three months all questionnaires are destroyed to protect the privacy of the interviewee*

## THE FINDINGS

### Is your baby bottle fed or breast fed at the moment? (Babies 0-6mths)

Completely breast fed	18%
Completely bottle fed	62%
Mainly breast fed, with some bottle	9%
Mainly bottle fed, with some breast	5%
Exactly half bottle, half breast	5%

### Is your baby bottle fed or breast fed? By colicky vs. non colicky babies

	Have had/have colic now	Never had/not sure
Completely breast fed	13%	22%
Completely bottle fed	62%	61%
Mainly breast fed, with some bottle	12%	8%
Mainly bottle fed, with some breast	7%	4%
Exactly half bottle, half breast	7%	5%

### Is your baby bottle fed or breast fed? By region

	GL	SE	SW	EE	EM	WM	WAL	YH	NE	NW	SCO	NI
Completely breast fed	20%	35%	12%	15%	30%	17%	8%	18%	28%	11%	8%	10%
Completely bottle fed	47%	34%	62%	70%	54%	73%	81%	73%	38%	76%	71%	80%
Mainly breast fed, with some bottle	15%	22%	9%	4%	10%	3%	4%	6%	23%	4%	6%	3%
Mainly bottle fed, with some breast	7%	5%	8%	4%	3%	3%	2%	1%	10%	4%	10%	3%
Exactly half bottle, half breast	11%	4%	9%	7%	3%	4%	6%	2%	3%	6%	5%	3%

**Can you tell me any symptoms of colic in babies? *Unprompted.***

Respondents could choose multiple answers

Long periods of crying	23%
Crying in the evenings	14%
Baby's legs curled up to stomach	26%
Baby's legs stretched out	2%
Arched back	3%
Clenched fists	2%
Red in the face	4%
Other	1%
Don't know	58%
Av. number of symptoms they correctly named	0.7

**Other**
**Green poo**
**Blue around the lips**
**Stomach is hard**
**Unsettled/wriggling**

Clammy

Responses in bold were given by more than one interviewee

**Can you tell me any symptoms of colic in babies? *By colicky vs. non colicky babies***

Respondents could choose multiple answers

	Have had/have colic now	Never had/not sure
Long periods of crying	31%	19%
Crying in the evenings	19%	10%
Baby's legs curled up to stomach	36%	20%
Baby's legs stretched out	3%	1%
Arched back	3%	2%
Clenched fists	3%	2%
Red in the face	6%	2%
Other	2%	1%
Don't know	45%	67%
Av. number of symptoms correctly named	1.0	0.6

**Can you tell me any symptoms of colic in babies? *By region***

Respondents could choose multiple answers

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Long periods of crying	11%	38%	14%	21%	42%	17%	23%	24%	45%	20%	18%	17%
Crying in the evenings	6%	23%	7%	8%	35%	4%	15%	24%	38%	10%	6%	0%
Baby's legs curled up to stomach	14%	33%	21%	20%	29%	32%	37%	36%	35%	20%	25%	20%
Baby's legs stretched out	2%	5%	0%	0%	1%	0%	2%	4%	0%	0%	0%	3%
Arched back	0%	5%	2%	1%	10%	2%	0%	4%	5%	2%	1%	0%
Clenched fists	1%	5%	2%	0%	12%	1%	0%	1%	3%	3%	0%	0%
Red in the face	1%	6%	7%	2%	10%	1%	0%	2%	15%	3%	1%	0%
Other	1%	1%	0%	0%	3%	1%	0%	6%	0%	1%	1%	0%
Don't know	78%	39%	58%	67%	43%	62%	60%	49%	50%	63%	63%	67%
Av. symptoms correctly named	0.3	1.1	0.5	0.5	1.4	0.5	0.8	1.0	1.4	0.6	0.5	0.4

**Comments**

"I had an instinct that it was colic as my older child had had it as well," Mrs A, 37 from London

"Luckily my baby didn't have it, but my friend's baby did so I know about it," Kirsty, 24 from Edinburgh

***At this point in the survey, interviewers told respondents that colic in infants is generally an abdominal pain, caused during the digestive process, which has the effect of making the baby cry for long periods, especially in the evenings.***

### Do you feel concerned about giving medicines to small babies to try to ease colic?

Feel concerned and don't think small babies should be given any medicine for colic	5%
Feel concerned and think other methods should be tried before resorting to medicine	28%
Feel concerned but think medicine is the right treatment as soon as the baby develops colic	13%
Am not concerned about giving medicine to small babies	48%
Don't know	5%

### Do you feel concerned about giving medicines to small babies to try to ease colic?

#### By colicky vs. non colicky babies

	Have had/have colic now	Never had/not sure
Don't think small babies should be given any medicine for colic	8%	4%
Think other methods should be tried before resorting to medicine	28%	28%
Feel concerned but think medicine is the right treatment	15%	12%
Am not concerned about giving medicine to small babies	47%	49%
Don't know	3%	7%

### Do you feel concerned about giving medicines to small babies to try to ease colic? By region

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Don't think small babies should be given any medicine for colic	8%	4%	4%	4%	10%	7%	0%	3%	10%	6%	4%	7%
Think other methods should be tried before resorting to medicine	25%	30%	17%	35%	23%	24%	29%	32%	23%	30%	38%	23%
Feel concerned but think medicine is the right treatment	14%	13%	2%	21%	17%	11%	25%	6%	8%	19%	10%	7%
Am not concerned about giving medicine to small babies	46%	49%	69%	37%	45%	54%	42%	57%	43%	40%	41%	57%
Don't know	8%	4%	8%	2%	4%	4%	4%	2%	18%	6%	8%	7%

#### Comments

"I don't think that it's good to resort to medicine for very small babies. It's best to try other methods first like a warm blanket and a cuddle," Maria, 29 from Northampton

"I didn't think that you were supposed to give medicine to babies with colic," Jayne, 29 from Northamptonshire

"There are plenty of colic medicines available to choose from, giving mums a freedom of choice. There are even natural ones available for those that are a bit wary," Daniela, 29 from Leeds

"I always think that other methods should be found, but it's easy for me to say that as I haven't had a colicky baby," Andrea, 32 from Leicestershire

"Everyone gives their baby Infacol. You just don't even give it a second thought," Pippa, 36 from Rutland

"I'm not concerned, but I would only do it if my GP told me to," Tracy, 35 from Bristol

"If it works and it makes a happy baby and mother then there's no harm done. Colic medicine has been around forever and it's not something that is in the experimental stages," Mia, 32 from Reading

### Has your baby had colic?

Yes, has had it but doesn't have it any longer	33%
Yes, and is still suffering from it	7%
No – hasn't had colic	53%
Not sure	7%

### Has your baby had colic? *By method of feeding*

	Completely breast fed	Completely bottle fed	Mainly breast, some bottle	Mainly bottle, some breast	Half bottle half breast
Yes, has had it but not now	19%	34%	39%	50%	40%
Yes, and is still suffering	9%	6%	8%	6%	5%
No – hasn't had colic	62%	54%	43%	32%	44%
Not sure	11%	5%	9%	12%	11%

### Has your baby had colic? *By region*

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Yes, has had it but not now	37%	24%	40%	29%	26%	33%	31%	39%	33%	34%	40%	30%
Yes, and is still suffering from it	8%	10%	6%	1%	9%	6%	4%	4%	5%	11%	6%	17%
No – hasn't had colic	49%	53%	53%	67%	50%	53%	60%	51%	45%	49%	51%	53%
Not sure	6%	14%	1%	2%	16%	8%	6%	6%	18%	6%	3%	0%

#### Comments

"In Poland, where I am originally from, the mother drinks fennel tea to prevent colic, which is what I did, and my baby has not had it," Anna, 26 from London

**Which brand of bottle did you mainly use for baby's early months (e.g. 1-3 months?) or which one were you using when your baby developed colic?**

*Base: all mothers*

Philips Avent	23%
Tomme Tippee	36%
Dr Brown's Natural Flow	2%
MAM	1%
Mothercare own brand	2%
Boots own brand	3%
Aptamil	1%
NUK	1%
Was breastfeeding	25%
Other:	2%
Don't remember the brand	4%

**Which brand of bottle did you mainly use for baby's early months (e.g. 1-3 months?) or which one were you using when your baby developed colic? By region**

*Base: all mothers*

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Philips Avent	34%	15%	23%	26%	17%	21%	23%	24%	8%	18%	29%	53%
Tomme Tippee	20%	21%	43%	44%	33%	41%	46%	43%	10%	52%	48%	20%
Dr Brown's	1%	2%	2%	1%	0%	3%	4%	3%	8%	0%	0%	7%
MAM	0%	1%	0%	0%	1%	3%	0%	1%	0%	0%	0%	0%
Mothercare own	0%	3%	1%	1%	6%	0%	0%	1%	8%	2%	3%	0%
Boots own brand	3%	3%	3%	2%	4%	5%	4%	0%	8%	3%	3%	3%
Aptamil	0%	4%	0%	0%	0%	0%	0%	0%	3%	0%	0%	0%
NUK	1%	0%	0%	2%	0%	0%	2%	1%	0%	0%	0%	7%
Was breastfeeding	36%	44%	21%	24%	30%	17%	15%	19%	45%	16%	14%	10%
Other:	2%	3%	2%	0%	4%	1%	0%	4%	0%	2%	1%	0%
Don't remember	4%	3%	3%	0%	4%	10%	4%	2%	13%	7%	4%	0%



**If your baby has colic, or has had colic, which brand of bottle were you using when your baby developed colic?**

*Base: only mothers whose babies have colic or have had colic*

Philips Avent	23%
Tommee Tippee	38%
Dr Brown's Natural Flow	1%
MAM	1%
Mothercare own brand	3%
Boots own brand	3%
NUK	1%
Aptamil	1%
Was breastfeeding	23%
Other:	2%
Don't remember the brand	5%

**Other**

Asda's own brand

Tesco's own brand

Bornfree

Dentinox

Breastflow

Fisher Price

**If your baby has colic, or has had colic, which brand of bottle were you using when your baby developed colic? By region**

*Base: only mothers whose babies have colic or have had colic*

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Philips Avent	37%	16%	22%	19%	17%	10%	22%	28%	7%	22%	27%	46%
Tommee Tippee	19%	36%	41%	48%	22%	46%	50%	38%	7%	47%	54%	31%
Dr Brown's	0%	0%	2%	0%	0%	0%	6%	0%	0%	0%	0%	8%
MAM	0%	0%	0%	0%	4%	5%	0%	0%	0%	0%	0%	0%
Mothercare own	0%	0%	0%	4%	9%	0%	0%	0%	20%	4%	5%	0%
Boots own brand	6%	0%	5%	0%	4%	3%	0%	0%	13%	2%	3%	0%
Aptamil	0%	2%	0%	0%	0%	0%	0%	0%	7%	0%	0%	0%
NUK	2%	0%	0%	4%	0%	0%	0%	0%	0%	0%	0%	15%
Breastfeeding	33%	36%	22%	26%	35%	21%	11%	21%	27%	20%	8%	0%
Other:	2%	5%	0%	0%	4%	0%	6%	8%	0%	0%	0%	0%
Don't remember	2%	5%	7%	0%	4%	15%	6%	5%	20%	4%	3%	0%

**If your baby has never had colic, or you don't think it has had colic, which brand of bottle did you mainly use for baby's early months (e.g. 1-3 months?)**

*Base: only mothers whose babies have not had colic or are not sure*

Philips Avent	23%
Tommee Tippee	35%
Dr Brown's Natural Flow	3%
MAM	0%
Mothercare own brand	1%
Boots own brand	3%
Aptamil	1%
NUK	0%
Was breastfeeding	27%
Other:	2%
Don't remember the brand	4%

**Other**

**Asda's own**

Tesco's own

Bornfree

Fisher Price

Cow and Gate

Abidec

Medela

Farley

Was tube fed in hospital until she was three months as she was premature

**Responses in bold were given by more than one interviewee**

**If your baby has never had colic, or you don't think it has had colic, which brand of bottle did you mainly use for baby's early months (e.g. 1-3 months?) *By region***

*Base: mothers whose babies have not had colic or are not sure*

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Philips Avent	31%	14%	24%	29%	15%	27%	24%	22%	8%	15%	30%	56%
Tomme Tippee	20%	14%	45%	42%	39%	37%	44%	47%	12%	57%	42%	13%
Dr Brown's	2%	3%	2%	2%	0%	5%	3%	6%	12%	0%	0%	6%
MAM	0%	1%	0%	0%	0%	0%	0%	2%	0%	0%	0%	0%
Mothercare own	0%	4%	2%	0%	4%	0%	0%	2%	0%	0%	0%	0%
Boots own brand	0%	4%	2%	3%	4%	5%	6%	0%	4%	3%	2%	6%
Aptamil	0%	4%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
NUK	0%	0%	0%	2%	0%	0%	3%	2%	0%	0%	0%	0%
Was breastfeeding	39%	48%	20%	23%	28%	18%	18%	18%	56%	12%	19%	19%
Other:	2%	3%	4%	0%	4%	2%	0%	2%	0%	3%	2%	0%
Don't remember	6%	2%	0%	0%	4%	6%	3%	0%	8%	10%	5%	0%

**The percentage of babies who got colic when using the following bottles**

	Babies got colic when using	Babies didn't get colic when using
Philips Avent	40%	60%
Tomme Tippee	42%	58%
Dr Brown's Natural Flow	15%	85%
MAM	50%	50%
Mothercare own brand	56%	44%
Boots own brand	37%	63%
NUK	57%	43%
Was breastfeeding	36%	64%
Other:	38%	62%
Don't remember the brand	49%	51%

## Did you feel any or all of the following common emotions when your baby developed colic?

Base: mothers whose babies have had colic or have colic now

Respondents could choose multiple answers

Felt it must be my fault	14%
Felt guilty that I was doing something wrong	20%
Felt angry when the baby wouldn't stop crying	5%
Felt frustrated that I couldn't solve the problem	62%
Felt ashamed that my baby had developed colic	4%
Didn't understand why it was my baby that had colic and not others	19%
Felt the baby's crying was causing our household to be under a lot of stress	29%
Felt the baby was upsetting the whole family	15%
Felt none of these	24%

## Did you feel any or all of the following common emotions when your baby developed colic?

By region

Base: mothers whose babies have had colic or have colic now

Respondents could choose multiple answers

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Felt it must be my fault	10%	9%	5%	30%	21%	18%	17%	13%	13%	12%	8%	29%
Felt guilty that I was doing something wrong	8%	18%	12%	33%	33%	21%	28%	15%	33%	20%	19%	29%
Felt angry when the baby wouldn't stop crying	0%	4%	2%	4%	13%	5%	0%	5%	13%	6%	0%	21%
Felt frustrated that I couldn't solve the problem	54%	69%	51%	74%	79%	74%	61%	64%	80%	49%	46%	86%
Felt ashamed that my baby had developed colic	2%	0%	5%	7%	0%	0%	6%	8%	27%	0%	0%	14%
Didn't understand why it was my baby that had colic and not others	13%	16%	12%	22%	17%	36%	22%	13%	27%	20%	5%	43%
Felt the baby's crying was causing our household stress	19%	24%	37%	30%	29%	38%	11%	41%	20%	27%	22%	57%
Felt the baby was upsetting the whole family	8%	9%	20%	7%	13%	28%	6%	28%	20%	10%	8%	36%
Felt none of these	37%	27%	34%	11%	13%	13%	17%	26%	13%	24%	35%	7%

### Comments

"I felt bad and that it was my fault because I wasn't fully breastfeeding her. I thought that if I had only breastfed her and not used a bottle, then she wouldn't have got colic," Sumanti, 31 from Ipswich

"My other child got jealous because of the amount of time I had to spend with my colicky baby," Paula, 36 from Hull

"None of those, though I was exhausted from being woken up a lot," Amanda, 36 from London

"I have four children, so I took it in my stride," Debra, 39 from York

"I had to make sure that the baby and I were home by five as he started crying then, and it lasted till 10pm," Michaela, 33 from Driffield

"I did cry when she had colic because I felt so helpless," Samantha, 22 from Cardiff

### If your baby has had colic, who did you turn to for help and advice?

Base: mothers whose babies have had colic or have colic now

Respondents could choose multiple answers

My mum	29%
Someone else in my family	24%
A friend	18%
The health visitor	47%
The midwife	12%
My GP	20%
NHS direct	1%
Local chemist/ pharmacy	3%
The internet	6%
Didn't turn to anyone	9%
Other	2%

**Other**

**Books**

**The Hospital**

**Work Colleagues**

Responses in bold were give by more than one interviewee

### If your baby has had colic, who did you turn to for help and advice? By region

Base: mothers whose babies have had colic or have colic now

Respondents could choose multiple answers

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
My mum	15%	40%	22%	26%	35%	38%	28%	31%	14%	31%	32%	36%
Someone else in my family	23%	20%	15%	19%	13%	44%	33%	21%	36%	29%	14%	43%
A friend	10%	36%	7%	22%	17%	13%	33%	26%	36%	14%	14%	7%
The health visitor	40%	51%	41%	56%	39%	41%	67%	36%	71%	43%	65%	50%
The midwife	8%	13%	10%	7%	9%	8%	6%	18%	14%	18%	11%	14%
My GP	29%	9%	15%	26%	17%	23%	17%	21%	7%	20%	16%	36%
NHS direct	0%	0%	0%	4%	0%	0%	6%	0%	0%	4%	0%	0%
Local chemist/ pharmacy	4%	2%	0%	4%	0%	3%	0%	3%	21%	2%	5%	0%
The internet	2%	16%	7%	0%	0%	18%	0%	8%	0%	4%	0%	7%
Didn't turn to anyone	12%	9%	12%	0%	13%	13%	6%	13%	0%	4%	5%	7%
Other	0%	4%	2%	4%	4%	3%	6%	0%	0%	0%	3%	0%

### Comments

"My GP prescribed Gaviscon, but I didn't want to give that to such a small baby," Miss I, 36 from London

"My midwife suggested that I change the formula milk to Cow and Gate, and then the twins were fine,"  
Laura, 28 from Hull

"Both the GP and the health visitor were trying to put me off trying medicine. They told me to rub his tummy and persevere for another month, which wasn't helpful. I ended up giving him Infacol as it's not nice seeing your child in pain," Jerry, 27 from Manchester

"I asked my sisters in law for advice and they recommended Dr Brown's bottle and colic drops. They actually gave me better advice than the health visitor," Victoria, 31 from County Down

"I'm a midwife myself so didn't turn to anyone," Helen, 44 from Thornbury

"I was so desperate because it got that bad that I asked anyone for advice - family member, friends, the health visitor, the chemist...you name it," Carol, 35 from Beverley

"A friend recommended Dr Brown's bottles and the health visitor recommended Infacol," Louise, 26 from Colchester

"Our baby has it now and we have no idea what to do about it," Nazmeen, 26 from Birmingham

"This was my fourth child, so I recognised the problem myself," Jo, 34 from Aylesbury

"The health visitor suggested gripe water and Infacol," Michaela, 33 from Driffield

"I asked my sister who is a nurse and she suggested using Calpol in the evenings and giving my baby a warm bath," Katherine, 37 from Northampton

"My health visitor told me to put him on my shoulder and rub his back until it came up," Lilla, 43 from London

**If your baby has had colic, what did you try...or what are you trying... to relieve the symptoms?**
*Base: mothers whose babies have had colic or have colic now*
**Respondents could choose multiple answers**

Changed the type of formula milk I used	17%
Changed my diet	7%
Changed the baby's bottle	28%
Changed the teat on the bottle	13%
Created a more relaxed atmosphere	7%
Gave baby a special medicine for colic	61%
Drove baby around in the car	3%
Created "white noise" e.g. running tap, vacuum cleaner	4%
Used massage	32%
Used heat on baby's tummy	4%
Gave baby medicine like Calpol or similar	14%
Other	12%

**Other**
**Warm baths**
**Leg exercises**
**Burping**
**Walked him/her up and down**
**Osteopath**
**Changed the way they held the baby when burping/feeding**
**Boiled warm water as a feed**
**Laid the baby on its tummy**
**Homeopathic medicine**

Bounced him/her on our knee

Stopped breast feeding altogether

Probiotics

Nothing- don't know what to do

Changed feeding times

Mother drank fennel tea from Poland

Boiling cumin seeds and giving the baby the water

Baby yoga

**Responses in bold were give by more than one interviewee**

### If your baby has had colic, what did you try...or what are you trying... to relieve the symptoms?

#### By who they turned to for advice (Q7)

Base: mothers whose babies have had colic or have colic now

	Respondents could choose multiple answers										
	Mum	Family member	Friend	Health visitor	Midwife	GP	NHS Direct*	Chemist	Internet	No one	Other
Changed formula milk	21%	22%	25%	22%	24%	29%	25%	0%	38%	3%	25%
Changed my diet	9%	10%	11%	8%	13%	8%	0%	8%	21%	3%	13%
Changed the bottle	21%	34%	35%	31%	26%	38%	25%	42%	38%	24%	25%
Changed the teat	18%	14%	13%	13%	15%	21%	0%	33%	25%	6%	13%
Relaxed atmosphere	9%	14%	15%	10%	9%	9%	0%	17%	17%	3%	0%
Special medicine	64%	57%	60%	68%	63%	68%	75%	67%	83%	47%	88%
Drove baby in the car	3%	5%	4%	4%	4%	8%	0%	0%	13%	0%	25%
Created "white noise"	8%	5%	4%	7%	9%	6%	0%	0%	29%	0%	0%
Used massage	34%	35%	43%	36%	28%	31%	0%	42%	63%	41%	38%
Used heat on baby's tum	5%	5%	8%	3%	7%	9%	0%	0%	13%	6%	38%
Medicine like Calpol	16%	18%	14%	13%	22%	18%	0%	42%	25%	21%	13%
Other	12%	11%	15%	13%	20%	8%	0%	8%	13%	12%	38%

\*Based on just 4 respondents

### If your baby has had colic, what did you try...or what are you trying... to relieve the symptoms?

#### By region

Base: mothers whose babies have had colic or have colic now

	Respondents could choose multiple answers											
	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Changed the type of formula milk	15%	24%	5%	15%	13%	21%	22%	26%	36%	10%	16%	21%
Changed my diet	8%	18%	15%	0%	13%	3%	0%	10%	14%	0%	0%	0%
Changed the baby's bottle	33%	18%	20%	22%	17%	28%	39%	26%	71%	20%	27%	71%
Changed the teat on the bottle	4%	11%	17%	15%	4%	21%	11%	15%	36%	10%	11%	14%
Created a relaxed atmosphere	4%	18%	5%	0%	17%	13%	0%	8%	14%	0%	3%	7%
Gave baby a special medicine	65%	56%	66%	70%	48%	62%	72%	62%	43%	53%	62%	71%
Drove baby around in the car	0%	7%	5%	4%	4%	3%	0%	8%	0%	0%	3%	0%
Created "white noise"	0%	11%	0%	0%	0%	13%	0%	10%	0%	0%	3%	0%
Used massage	27%	44%	37%	41%	26%	44%	17%	33%	21%	18%	32%	43%
Used heat on baby's tummy	2%	9%	0%	4%	22%	8%	0%	5%	0%	0%	0%	7%
Gave baby medicine like Calpol	6%	9%	5%	15%	17%	26%	0%	18%	36%	27%	3%	29%
Other	12%	11%	20%	7%	22%	3%	17%	3%	7%	4%	24%	0%

#### Comments

"The midwife recommended Infacol, but I was concerned about the dosage needed. It stopped working, and the GP then prescribed Ranitidine, a medicine for gastric reflux," Katie, 30 from Pershore

"I have a white noise CD. It's a recording that simulates the womb sounds," Rachel, 35 from Reading

"I gave him Infacol, Dentinox, Colief and gripe water. I got Gaviscon from a different GP at the practice as there are lots of doctors that I spoke to. Nothing has worked so far, but he's only 10 days old," Lorraine, 38 from London



### If your baby has or had symptoms of colic and you changed the bottle, which make or makes of bottle did you change to?

Base: mothers whose babies have had colic or have it now, and changed the baby's bottle to relieve the symptoms

		Number of interviewees who changed to this bottle
Philips Avent	18%	20
Tomme Tippee	23%	25
Dr Brown's Natural Flow	43%	48
MAM	2%	2
Mothercare own brand	1%	1
Boots own brand	3%	3
Asda own	4%	4
Other:	7%	8

#### Other

**Can't remember**

Co-op own brand

Tesco's own

Morrison's own

French made bottle

NUK

Responses in bold were give by more than one interviewee

### If your baby has or had symptoms of colic and you changed the bottle, which make or makes of bottle did you change to? By region

Base: mothers whose babies have had colic or have it now, and changed the baby's bottle to relieve the symptoms

	GL	SE*	SW*	EE*	EM*	WM	WA*	YH	NE	NW	SC	NI
Philips Avent	29%	25%	13%	33%	25%	0%	14%	20%	20%	30%	0%	10%
Tomme Tippee	35%	13%	25%	17%	0%	18%	0%	30%	40%	30%	20%	10%
Dr Brown's Natural Flow	12%	50%	38%	50%	50%	55%	86%	50%	30%	30%	60%	50%
MAM	6%	0%	0%	0%	0%	9%	0%	0%	0%	0%	0%	0%
Mothercare own brand	0%	0%	0%	0%	0%	9%	0%	0%	0%	0%	0%	0%
Boots own brand	0%	0%	0%	0%	25%	0%	0%	0%	10%	0%	0%	20%
Asda own brand	6%	0%	0%	0%	0%	9%	0%	0%	0%	10%	10%	0%
Other:	12%	13%	25%	0%	0%	0%	0%	0%	0%	0%	10%	20%

\*Findings based on a very small sample size

### Did the colicky symptoms improve after you made this change?

Base: mothers whose babies have had colic or have it now, and changed the baby's bottle to relieve the symptoms

Yes	62%
No	30%
Don't know/too early to say	8%

### Did the colicky symptoms improve after you made this change? By type of bottle changed to

Base: mothers with colicky babies, who changed the baby's bottle to relieve the symptoms and noticed an improvement after they made the change

	Avent	Tippee	Browns	MAM*	Mothercare*	Boots	Asda**	Other
Yes	45%	44%	75%	100%	100%	33%	75%	75%
No	45%	36%	21%	0%	0%	67%	25%	25%
Don't know	10%	20%	4%	0%	0%	0%	0%	0%

\*Result based on one interviewee

\*\*Result based on four interviewees

### Did the colicky symptoms improve after you made this change? By region

Base: mothers whose babies have had colic or have it now, and changed the baby's bottle to relieve the symptoms

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
Yes	53%	88%	38%	50%	75%	73%	29%	60%	60%	60%	80%	80%
No	35%	13%	38%	50%	0%	27%	57%	40%	20%	30%	20%	20%
Don't know/too early to say	12%	0%	25%	0%	25%	0%	14%	0%	20%	10%	0%	0%

### How many feeds did it take before you noticed an improvement?

Base: mothers with colicky babies, who changed the baby's bottle to relieve the symptoms and noticed an improvement after they made the change

One	23%
Two to three	22%
Four to ten	32%
Ten to twenty	14%
More than twenty	9%
Average	7.1

### How many feeds did it take before you noticed an improvement? By type of bottle changed to

Base: mothers with colicky babies, who changed the baby's bottle to relieve the symptoms and noticed an improvement after they made the change

	Avent	Tippee	Browns	MAM	Mothercare	Boots	Asda	Other
1	22%	9%	36%	0%	0%	0%	0%	0%
2-3	11%	27%	17%	50%	0%	0%	33%	50%
4-10	33%	45%	28%	0%	100%	100%	33%	17%
10-20	22%	0%	17%	50%	0%	0%	17%	0%
20+	11%	18%	3%	0%	0%	0%	33%	17%
Average	8.8	8.5	5.4	7.5	8.0	8.0	11.3	9.8

### How many feeds did it take before you noticed an improvement? By region

Base: mothers with colicky babies, who changed the baby's bottle to relieve the symptoms and noticed an improvement after they made the change

	GL	SE	SW	EE	EM	WM	WA	YH	NE	NW	SCO	NI
One	22%	43%	33%	67%	33%	13%	0%	67%	0%	0%	25%	0%
Two to three	0%	29%	33%	0%	33%	38%	0%	0%	17%	67%	0%	38%
Four to ten	33%	14%	0%	0%	33%	50%	50%	17%	67%	17%	25%	50%
Ten to twenty	11%	14%	0%	33%	0%	0%	50%	17%	17%	17%	25%	13%
More than twenty	33%	0%	33%	0%	0%	0%	0%	0%	0%	0%	25%	0%
Average	11.6	4.6	11.3	4.7	4.0	4.8	10.0	3.7	7.8	6.0	11.8	4.9

**Can you tell us a bit more about what happened...what sort of bottle were you using before, what type did you change to, why do you think it worked, and what effect did this have on you and your partner or family...**

### **Mothers who changed to Dr Brown's bottles**

"I would recommend Dr Brown's as it is fantastic. I changed to this from Phillips Avent when my baby got colic. The other bottles and teats that claim to work really don't. I tried granules and all sorts of medicines and bottles and they didn't work either. Even though this bottle is more expensive, it's worth it to see my little boy not suffering anymore. I saw the improvement after one feed," Kelly, 32 from Ayrshire

"My boy was completely bottle fed with Tommee Tippee. We tried everything before Dr Brown's; Infacol, Coleef, massage, white noise, changing the formula milk...you name it. When using Dr Brown's the baby wasn't sucking in as much air when he was feeding and there were no noises of air going round and round in his tummy like there were when we were using the Tommee Tippee bottle. With the Dr Brown's bottle he brought his wind up much easier. He was much more settled and everything was more peaceful for everyone," Claire, 38 from Harrogate

"I switched from Philips Avent to Dr Brown's after literally trying everything. I exhausted every other possibility from changing the type of formula milk I used, changing the teat on the bottle, creating a more relaxed atmosphere when feeding my baby, giving her special colic medicine to driving her around in the car, creating white noise to try and soothe her, massaging her and using heat on her tummy but nothing worked. It was quite stressful to have a baby in so much pain and to not know what to do about it. You do get lots of advice from everybody until you eventually find something that works but I'm sure it is different for every baby. We took her to a cranial osteopath who suggested the Dr Brown's bottles and a thicker milk formula, which we also tried. I was a little skeptical about the bottle at first but I was amazed at the quick reaction, I noticed a change after only two feeds, and I was shocked that a bottle could do that," Sandra, 40 from Ellesmere

"At first we were using Tommee Tippee bottles. The baby was crying persistently and gulping down the milk as if she was very hungry. My family would have to come and help babysit so I could get some sleep. I decided to change the bottle to Dr Brown's. It had a tube inside the bottle and the milk flowed to the baby better. After a few days the baby was able to get her milk without gulping it. She stopped crying and just enjoyed her meals. It was heavenly for all concerned!" Donna, 26 from Llandysul

"I changed from Tommee Tippee to Dr Brown's and I saw an improvement after just one feed. As soon as they finished they went straight to sleep, which was unusual. Before that, I tried Infacol, gripe water and massage amongst other things. Changing the bottle really made things calmer in my household, especially as I have twins!" Rebecca, 24 from Newcastle

"We tried everything; Infacol, Colief, Gaviscon, changing the formula, massage...but nothing helped. We were using Tommee Tippee but then changed to Dr Brown's. Dr Brown's bottle is more expensive but it is worth it. The teat on Dr Brown's didn't collapse unlike other bottles so he took in less air. We saw the results straight away. We waited so long for our son and now we can enjoy him and see him happy," Donna, 43 from Brighton

"I have four year old twins so I am an experienced mum. I tried Dentinox but that didn't work. I had Tommee Tippee anti colic bottles but they didn't work either. I took him to my GP because it was so bad that I thought it must be acid reflux but he said that it was colic. Feeding him was always a complete battle. He would be in constant pain and not enjoy his feed. Then I changed to Dr Brown's and he improved within one feed. I think the new bottle stops air bubbles from passing through to the baby and I think that he used to gulp his feed a lot. He is like a different baby now - much more content and a pleasure to feed," Andrea, 35 from Inverness

### Mothers who changed to Dr Brown's bottles

"My little girl was born with a reflux and she was on medicine for that but it didn't seem to be doing the trick. To begin with I was just using a Philips Avent bottle to feed her but after trawling through the Internet researching babies with refluxes, one of the forums suggested that I try Dr Brown's. I know that babies born with a reflux are more prone to getting colic. It didn't hurt to try Dr Brown's and I am definitely glad that I did," Kate, 34 from Reading

"I changed the bottle that I was using to feed my little boy, from Tommee Tippee to Dr Browns Natural Flow because it was recommended by my extended family. After the very first feed I noticed an instantaneous improvement and it has definitely made my life a lot easier. Things are less stressful at home now," Rabia, 27 from Aylesbury

"I was breastfeeding when my son got colic. We changed the formula milk, tried massage and a few different bottles but nothing helped. Then a friend gave me Dr Brown's. They have a tube down the middle and seem to release air so the baby could take the milk better. After about ten feeds the symptoms eased. We feel relieved and much happier now," Sam, 29 from Teeside

"I was using Phillips Avent but when we changed to Dr Browns it was an instant success. He was able to bring up wind straight away. Now it is very calm in the household and we just have teething to look forward to!" Lucy, 26 from Scarborough

"I was using Tommee Tippee bottles but after my baby got colic I asked the advice of my mum and friends. Then I tried Infacol and changed to Dr Brown's. I saw the change in three feeds," Michelle, 23 from Manchester

"After switching from a Tommee Tippee bottle to a Dr Brown's bottle, I noticed a big difference after just two feeds. The baby settled down completely and was much calmer with no more crying. The bottle has a tube going through it, which perhaps stops the air coming up the baby and the milk comes through at a faster and smoother pace. It was much better than the Tommee Tippee, although that had the special anti colic teat on it. Everybody in the household could relax and breathe a sigh of relief in the evening because the baby was finally happy," Charlotte, 19 from Southampton

"I spoke to the health visitor about it and decided to stop breast feeding and put her onto the Dr Brown's bottle. The colic stopped virtually straight away!" Rebecca, 26 from Manchester

"When my daughter had a touch of colic, I switched her bottle from Tommee Tippee to Dr Brown's Natural Flow and I noticed a significant difference in two days. Prior to Dr Brown's she was upset and vomiting a lot but after changing the bottle, she gradually calmed down and I was a lot less worried about her," Dawn, 26 from Clydebank

"I felt guilty because my son was in pain and I couldn't do anything to help him. I did ask for advice from my health visitor but she was not helpful at all. My GP offered no advice and said that it was one of those things that he would grow out of. My mum's advice and support was much better and I tried Infacol which did help a bit. I changed from Mothercare's own brand to Dr Brown's bottles and the symptoms improved in six feeds," Stacey, 21 from Motherwell

"It was long, loud and frustrating. I tried all of the formulas for colic drops first which worked for a short period of time. Then I changed from Avent to Dr Brown's and there was a huge difference in a week," Jo, 40 from Bristol

"I found that I was struggling with the Tommee Tippee bottle that I was using as I had to constantly keep burping my baby during the feed. However, when I switched to Dr Brown's she didn't need to be burped as often and she settled much more quickly after feeds. She didn't bring up as much as much of her feeds and was much more settled," Amy, 32 from London

### Mothers who changed to Dr Brown's bottles

"After changing from a Tommee Tippee bottle to Dr Brown's, I noticed an improvement almost straight away. He was taking the milk quicker and easier and he didn't have to suck quite so much. I found the teats to be a lot firmer, whereas the Tommee Tippee teats were quite soft. I was worried at the beginning when my son starting developing colic. I thought that I was doing something wrong and I was especially worried about doing the evening feeds. I even asked my husband to do those ones. But as soon as we changed bottle, I saw an improvement immediately," Elizabeth, 33 from Colchester

"Before I changed the bottle I had been a bit concerned that I was winding her too much. It's so difficult to know. When she first developed colic she would just cry and cry and cry and as soon as she finally settled, she'd be off again crying. I really just wished that she would stop crying in public because I wanted people to think that my baby was wonderful. I tried everything from changing the type of formula milk that I used, to creating a more relaxed atmosphere and using special colic medicines but we finally noticed with the new bottle that things were getting better. It was a big relief for me and my husband when things eased. I think that with Dr Brown's teat, she feeds a lot slower and takes in less air. She also takes her mouth away from the teat when she needs winding," Victoria, 31 from County Down

"I didn't think that he was a greedy baby. He was a slow feeder and didn't seem to take in much air when feeding, so I was quite confused. I initially was using the Tommee Tippee anti colic bottle but I was then advised by a friend to switch to the Dr Brown's bottle, which was definitely worth the extra money. In total my baby suffered for around four months before we discovered Dr Brown's. He was on Infacol the whole time but we still couldn't get rid of the symptoms. After around eight feeds using Dr Brown's we had really good results," Claire, 30 from Cradley Heath

"The bottles that I was using prior to switching to Dr Brown's were Tesco's own brand and they are not as specialised as the one I changed to. Dr Brown's have a wider neck and are generally designed to help a baby who is suffering from colic. Maybe the colic would have gone of its own accord but I would definitely recommend anyone who has a colicky baby to try it. They are a little more expensive but definitely worth it," Lucy, 28 from Daventry

"It was a total nightmare, nobody could get any sleep and I felt so sorry that it went on for so long. To be honest we never even thought about changing the baby's bottle, so when it was suggested to us we jumped at the chance! We were just using Mothercare own brand but we were recommended Dr Brown's and after only eight feeds our baby was sleeping and was actually having more milk because she wasn't crying anymore," Sam, 26 from Teesside

"I tried my daughter on breast milk initially but she was just sucking too hard. She was exactly the same with the Tommee Tippee bottle and she was just taking in too much air. I switched to Dr Brown's and I think it was the teat on this bottle that made the difference. She gagged from birth but I thought it was mucus. I was so tired as I couldn't get her to settle. After six weeks she still wouldn't settle so we asked the health visitor for advice and she told us it was colic. I would definitely recommend that mothers use Dr Brown's if their baby is showing any signs of colic," Faye, 27 from Warwick

"I've been through this all before as this is my second child, so I did know roughly what I was doing. I think initially I was using Tesco bottles but I can't actually remember and it was the health visitor who recommended that I change to Dr Brown's, which seemed to work almost immediately. They were fantastic. We also tried Infacol but there didn't seem to be such a quick effect but with the bottles it was almost immediate," Charlotte, 28 from Redditch

"When my baby got colic I felt awful - guilty and frustrated and ashamed. I was using Phillips Avent bottles but I changed to Dr Brown's and I saw the improvement in four feeds. I think the Dr Brown's bottle gave her more of a steady flow. I didn't give her any medicine, and would only do so as a last resort. My family and health visitor were very helpful and got me through it," Shauna, 35 from Banbridge

### Mothers who changed to Dr Brown's bottles

"I was using Avent bottles when she started getting the symptoms, but was recommended Dr Brown's by family and friends. They were very good; I saw an almost instant improvement. I was also giving her drops, but I think that the bottle was better. My mum was very supportive as she always is," Geraldine, 18 from Belfast

"Initially I was breastfeeding but only for a couple of weeks and then he went onto Tommy Tippee bottles, with the anti colic teats. It was like he wasn't taking anything in and after a couple of ounces he'd start to cry and pull his knees up. When we tried to wind him, he wasn't winding either and this went on for a whole day. Then I rang the health visitor and asked whether it sounded like colic or not, to which she answered "yes". So then we bought some Infacol for him, as it was suggested by the health visitor. This helped to bring his wind up but he was still crying and pulling up his legs after only a 6oz bottle of milk. So after talking to one of my friends who has two daughters, I was recommended Dr Brown's bottles. We bought Dr Brown's and continued using Infacol but after just a couple of days he no longer had any problems winding and his colic had completely gone. I felt awful seeing him in pain and not being able to do anything but it was lovely when we saw Dr B's working," Louise, 26 from Colchester

"We started on NUK bottles but my health visitor suggested the Dr Brown's bottles. At this stage we would have tried anything as we were at our wits end! Dr Brown's did relieve and she was taking her bottle with more ease. We saw an improvement in twelve feeds," Nicola, 34 from Craigavon

"Before we came across these bottles we were using Avent ones and it lasted for about a month and a bit. I work in a pharmacy so I already knew about Dr Brown's but we used Avent first because they were also supposed to be anti-colic. However, when we swapped over there was an immediate improvement after just one bottle. It happened straight away. As a family we were all so tired before we tried Dr Brown's," Cailey, 19 from London

"When my baby got colic I felt very frustrated and my whole family was under stress as we did not know where to turn. We were using Avent but we changed to Dr Brown's as this is what the health visitor advised. We saw an almost instant change, which was great as this was the first thing we tried. It all turned out okay, which is a relief," Claire, 31 from Ballymoney

"With the Tommee Tippee bottle I could see the milk bubbling and my baby wasn't taking it down and was being really sick. The whole family just did not know what to do. It was a really awful time. However we changed to the Dr Brown's bottles and they were fab. They stopped all the air getting in the milk; you could see that there were no bubbles. It only took five feeds and I didn't have to try anything else," Jodie, 26 from Pontypool

"I started him on the Tommee Tippee bottles. He was fine until he got to two months, but then I couldn't stop him screaming. I spent a fortune on medicines recommended by my health visitor - £3.98 on Infacol and £11 on Colief - but they did not work. Then my doctor told me about Doctor Brown's bottles and they were fantastic. He was much better after twelve feeds, Natalie, 21 from Bridlington

"With my first child I used Tommee Tippee bottles, but when she got colic I changed to Phillips Avent and her colic was much better. When I had my son I started with Phillips Avent assuming they would work again. However he suffered from colic. He didn't sleep at all during the night and we got so tired. We tried Dr Brown's and within one feed he was much better. The only thing was that they leaked," Dawn, 26 from York

### Mothers who changed to a different brand of bottle

"I changed from Tommee Tippee to Phillips Avent under the advice of my doctor. However I don't think it was the bottle that solved his colic, I think that it was the non colic teats I changed to. I took him to the GP and he said that I should change the bottle and teats I was using but that I would just have to keep trying different ones until it worked. The first few months of my baby's life were very stressful as we nearly lost her, but he is over it now and is a very beautiful baby," Tracy, 35 from Bristol

"We changed from Tommee Tippee to Asda's own brand. The symptoms improved after a couple of feeds - I wonder if my baby was allergic to the plastic in the original bottle?" Kim, 20 from Warrington

"I changed from Tommee Tippee to Phillips Avent and the symptoms improved in six feeds. This is my second child so I wasn't too concerned. I did ask the advice of my health visitor and my midwife but they were hopeless. My health visitor and midwife didn't tell me that different brands of bottle helped colic - it was up to me to work it out for myself. One day I was looking at all the different type of bottles in the shop and noticed the anti colic ones, and luckily it worked," Jane, 31 from Manchester

"My son had colic from when he was a few weeks old and I found it very tiring. We tried Infacol and gripe water but they didn't work. As a last resort we tried an osteopath and thankfully that worked. We also changed from breastfeeding to Tommee Tippee which worked after about four feeds, but I'm not sure which remedy helped him more," Robyn, 25 from Devon

"We changed from Phillips Avent to MAM. The MAM anti colic bottle showed fewer air bubbles when the baby was feeding. She still had colic as you could hear wind in her tummy, but it was a lot less than with Phillips. We saw an improvement in a few days after swapping bottles," Safia, 28 from London

"He was a couple of months old when he had colic. I wasn't too worried because my family was around me and my mum gave me advice. I changed the bottle from Tommee Tippee to a Morrison's one with an anti colic teat. It took a week with four feeds a day, but he eventually settled," Kelly, 23 from Glenrothes

"My baby was screaming when I gave her milk, just crying for ages. I then spoke to my sister in law and she suggested changing from the Breastflow bottle to Tommee Tippee and Infacol. It took 21 feeds but she is okay now," Hazera, 20 something from London

"There were a lot of sleepless nights and crying. We changed the bottle from Tommee Tippee to Avent and after three feeds a day for a week and using colic medicine her symptoms eased. She is much more settled now, thank god," Mrs A, 34 from London

"It was just a horrible situation; my husband and I were stressed with each other and the kids. It was quite frightening too - we just didn't have any idea what to do. We changed from Avent to TommeeTippee anti colic bottles with the special spout and within a day or so he was more or less back to normal. We also gave him Infacol and Gripe water. I think that the Infacol helped to bring his wind up more but I'm not sure if the gripe water was of any use or not," Debbie, 22 from Carlisle

"I felt very guilty and worried that I was doing something wrong. I took the advice of both my grandmothers who remembered using Infacol on their children. However it didn't work very well. I had just been using the standard bottles that came with the sterilizer (Boots own brand) but then I noticed the anti colic Tommee Tippee bottles and tried them. After ten feeds she was much better and I started to enjoy feeding her. I think that the Tommee Tippee bottles stop air from going into the baby. I didn't realise that bottles were different, no one tells you that," Nicole, 19 from Lanarkshire

"I think that it was an improvement due to a clean bottle that had no air in it. I was using one type of Tommee Tippee but I changed to another one to try and ease my baby's colic. It was great that it only took two feeds and I had a happy family and a happy baby," Jackie from Teeside



### Mothers who changed to a different brand of bottle

"He would cry and cry and not settle. There was too much air in his tummy. I was using a NUK bottle but I changed to a Tommee Tippee one. There was an improvement after about thirty feeds. Everything is okay now," Elizabeth, 37 from London

"I was initially using a Mothercare own brand bottle when my daughter started showing symptoms of colic, and at first to ease her I tried to create a more relaxed atmosphere and massaged her tummy. I also changed the type of bottle I changed to a Boots own brand but I'm not 100% sure that her improvement was down to this change. I thought that maybe my baby could have been sucking too much air in, so I changed the bottle really to just see if this was the case. I have used Mothercare bottles since though and her colic has not returned. I think it is just one of those things but as a mother you have to try everything," Maria, 29 from Northampton

"We changed to Avent from Tommee Tippee at the recommendation of the health visitor. It has a built in anti colic system - on the Tommee Tippee bottles you have to line up the holes so that they're under the baby's nose but for the Avent ones you don't have to worry about this. There were improvements after two feeds. We had a couple of sleepless nights, but I'd seen it before with my baby brother so I wasn't too fazed," Elizabeth, 23 from Bracknell

"Initially we were using a Tommee Tippee bottle but when the symptoms started getting worse we changed to the Philips Avent bottle. I think that this bottle is bigger and resembles a breast more. We just thought that we would try it as it says on the packaging that it is anti-colic. We also tried Infacol but I didn't feel like it was working. I thought gripe water might work better but I don't like the idea of syringing it. We are all under so much stress and can't wait for it all to be over," Fiona, 31 from Ipswich

"I felt that the Tommee Tippee teats were too hard, the NUK latex teats on the bottle I changed to were much better. I think the bottle did the job as he was much better after a couple of feeds, and seemed to be sucking much less and not taking in as much air. I was also using colic drops, so I think these contributed a little. My family were really supportive, as I didn't really know what to do," Jolene, 30 from County Down

"I was using Phillips Avent and my friend suggested changing the bottle. I had originally gone to buy Dr Brown's as that is what she suggested, but they didn't have them in the shop so I got Tesco's own brand instead. Funnily enough the Tesco bottle really worked, and took just three feeds. I also tried Dentonox colic drops which also worked. The whole thing really stressed us out as a family but things are great now," Nicola, 25 from Belfast

"When my baby got colic I felt guilty and frustrated. My mum was a great help and advised me to see my GP. He told me to use Infacol and wind him for at least fifteen minutes after each feed. I think this helped him a lot, but I also changed bottles from Tommee Tippee to Avent anti-colic and saw a difference within a few days," Emma, 17 from York

"I went to the doctor but the medicine they prescribed didn't seem to have any effect. In the end we went to the chemist to get Infacol and that's where I saw the Tommee Tippee anti colic bottles. We had been using Phillips Avent bottles, but once we changed and started using Infacol the symptoms improved in four feeds," Donna, 30 from London

"A few things helped us I think. We didn't have much money, so a friend actually gave us the Tommy Tippee bottle, which I started to use instead of breastfeeding. It wasn't too bad and it pretty much got better straight away, after about six feeds I'd say. Colic isn't nice, especially when you're out in public. I was always glad when we got home," Amy, 25 from Teesside

### Mothers who changed to a different brand of bottle

"I changed from breastfeeding my baby to a Philips Avent bottle as the pressure was becoming a bit too much. After, say ten feeds we noticed a difference and it took some of the pressure off from the baby crying and being in pain. It also stopped me and my partner from feeling so helpless and gave us some peace and quiet and sleep," Vanessa, 30 from Teeside

"We were using Tommy Tippee but then changed to Avent having tried a few others briefly. These were the best ones we found. Nobody recommended anything to us - we just tried and tested them all until we found the right one. It didn't affect us a great deal though as I've got friends and family who have had children with colic so it didn't stress me out too much. My family did help us out a lot though, which was a godsend," Karen, 30 from Manchester

"I tried numerous things to try and ease my daughter's symptoms of colic as she suffered from birth right up to about five months. I think that it was the change of bottle that helped the most. I moved her from a normal Tommee Tippee bottle to the anti colic Tommee Tippee bottle and after around six feeds I noticed an improvement. The anti colic medicine did help a bit but it gave her diarrhoea, so I would always recommend to mums to use an anti colic bottle from the start," Leanne, 30 from Bangor

"I changed to Tommee Tippee anti-colic bottles from Philips Avent, and they were fantastic. I saw a change almost immediately. I was used to colic and its symptoms because my little girl had also had it when she was a baby and I had tried everything going with her but nothing worked. So these bottles were a godsend for my son. It was so tiring as he cried from teatime until bedtime and the whole family felt stressed out by it," Nicola, 30 from Hull

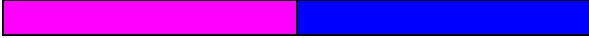
"I found the whole ordeal tiring and frustrating. We started off with Tommee Tippee bottles and then moved on to MAM. We thought that MAM bottles helped the baby the most. We were all very stressed out and my partner and mum gave me the most support," Justine, 24 from Stoke on Trent

"When I stopped breastfeeding I changed to an Aptamil bottle. I also tried using different types of formula milk and massaging him but I felt that the new bottle, along with keeping my baby relaxed were what worked. My family was supportive and made us realise that it was normal. I did feel helpless but I tried to make him as comfortable as possible," Clare, 30 from Brighton

"I felt quite upset as at first I didn't know what was going on. I thought that I was doing everything I could to prevent her from getting colic but it didn't seem to work. I changed to Mothercare bottles from MAM, and this together with Infacol seemed to make an improvement but it did take a long time - about eight feeds. I was being told different "cures" by everyone and it was a very frustrating and upsetting time," Koli, 19 from Birmingham

## APPENDIX

## AT-A-GLANCE SUMMARY OF RESULTS

Highest  Lowest

% unable to describe even one symptom of colic	Nat	58%	78%	39%	58%	67%	43%	62%	60%	49%	50%	63%	63%	67%
% who feel concerned about giving medicine to babies for colic	Nat	46%	47%	47%	23%	60%	50%	42%	54%	41%	41%	55%	52%	37%
% of babies under 6 months who have or have had colic	Nat	40%	45%	34%	46%	30%	35%	39%	35%	43%	38%	45%	46%	47%
% who felt frustrated that they couldn't solve the problem of colic	Nat	62%	54%	69%	51%	74%	79%	74%	61%	64%	80%	49%	46%	86%
% who gave their baby special medicine to relieve the symptoms of colic	Nat	61%	65%	56%	66%	70%	48%	62%	72%	62%	43%	53%	62%	71%
% who changed the baby's bottle to relieve the symptoms of colic	Nat	28%	33%	18%	20%	22%	17%	28%	39%	26%	71%	20%	27%	71%
% who changed the bottle to Dr Brown's Natural Flow to relieve symptoms of colic	Nat	43%	12%	50%	38%	50%	50%	55%	86%	50%	30%	30%	60%	50%
% who saw colicky symptoms improve after they changed the bottle	Nat	62%	53%	88%	38%	50%	75%	73%	29%	60%	60%	60%	80%	80%
Average number of feeds before they saw an improvement (if they changed bottle)	Nat	7.1	11.6	4.6	11.3	4.7	4.0	4.8	10.0	3.7	7.8	6.0	11.8	4.9

