

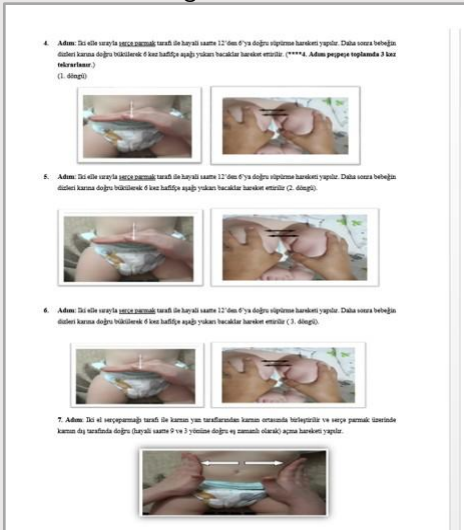


- ✓ Infantile colic
- ✓ Baby massage
- ✓ Kangaroo care
- ✓ Maternal function
- ✓ Postpartum anxiety

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Infantile colic is defined as frequent and prolonged crying lasting more than three hours a day, on three or more days a week, for more than three weeks, without any underlying medical cause. Behavioural approaches are one of the methods adopted to reduce the symptoms of infantile colic. This study was conducted as an experimental, randomised controlled trial to determine the effect of colic massage and kangaroo care on infants diagnosed with infantile colic and their mothers. The study found that colic massage and kangaroo care were effective in colicky infants and their mothers compared to routine care.

Colic massage and kangaroo care can be included in in-service training programmes for staff at healthcare institutions caring for infants and added to hospital discharge education programmes. These practices can be integrated into the education provided at antenatal classes in hospitals. They can be added to prenatal and postnatal care guidelines and discharge education as part of maternal education in hospitals and primary healthcare institutions. Nurses can apply colic massage and kangaroo care in practice as a complementary treatment for infantile colic. Healthcare institutions can organise activities such as informative announcements and workshops to promote these practices. Psychological support education programmes can be created for mothers in postpartum discharge education. Mother group workshops can be organised in pregnancy schools in hospitals. Topics related to problems mothers may encounter in the postpartum period can be included in health education campaigns. The long-term results of colic massage applications can be monitored and added to evidence-based guidelines.

1. Ertem, G. S., & Özyazıcıoğlu, N. (2025). Effects of colic massage and kangaroo care on infantile colic pain, crying and sleep duration: A randomized controlled trial. *Journal of pediatric nursing*, 84, 390–396. <https://doi.org/10.1016/j.pedn.2025.07.003>