

Relieving Gas Symptoms Naturally

❖ Burping your baby

- ✓ Burp your baby, both during and following breast or bottle feeding. But don't spend too long trying to burp him. If he becomes upset return to feeding (some babies want to finish to whole feed without interruption).
- ✓ 2-3 minutes burping time is all that's necessary. If he hasn't burped by then, either return to feeding or if feeding is already completed and he continues to cry, try other soothing methods. (Also consider tiredness as a likely reason for his unsettledness).



❖ **Massage:** A massage may help to relieve abdominal gas. Some ways that can help are: **Wait at least 30 minutes after your baby has breast-fed or 1 hour after giving a bottle of formula before beginning massage.

- ✓ Lay baby on back, massage tummy in clockwise motion, in a "backward C" shape, starting at 12 o'clock and ending at 8 o'clock.
- ✓ Gently hold both of the baby's feet and move the legs one at a time, bending at the knees as if riding a bicycle for 30 seconds. Stroke the legs gently.
- ✓ Bend the baby's legs at the knees, cross the legs, and rock side to side. Stroke the legs gently.

❖ **A warm bath:** This may help your baby to relax. Also the warmth (body temperature only) may help the gases in his bowel to expand and be expelled.

❖ **A warm compress on baby's tummy:** Warm a cloth diaper or a towel in the microwave, place it over your knees and lie your baby face down across the towel. (Make sure it is not hot, just WARM, same as your infant's bath water.)

❖ **Position baby to relieve gas pain:** Place baby on his stomach on your lap and gently fold the baby's knees up to the tummy (as far as is comfortable), hold for 15 to 30 seconds and release. Stroke legs gently. Straighten baby's legs and pat bottom for 30 seconds.



RECOMMENDATIONS:

- Choose either a bath OR a massage, not both as this can be over-stimulating. For babies younger than 5 months of age, massage and bath time need to be separated by a nap or night time sleep.
- Do not massage your baby's abdomen if he has hiccups or has just been fed.