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NUTRITION
NOTES**

Gassy baby: Fact vs fiction

As with many topics related to pregnancy and birth, there are a few old wives' tales out there that are more rooted in superstition than truth. It's important to find out what's fact—and what's myth—about the causes of gas in babies and the best ways to reduce it.

Burping can be a good way to alleviate gas in your little one

Fact: It's not uncommon for babies to swallow too much air when they feed, whether at the breast or the bottle. If your baby starts to get fussy, it's best to pause feeding and give them a burp. Sometimes babies will fuss because they swallow air pockets as they feed. A nice burp solves that problem!

There's no wrong way to burp a baby

Fiction: While sometimes intimidating at first, burping is easy once you get the hang of it. With that in mind, there are certainly some dos and don'ts. For instance, you should gently pat your baby, starting at the lower back and working your way up. Don't pound too hard. If you can't produce a burp in your baby with one position, then try another.

A warm towel on your baby's belly helps with gas

Fact: Sometimes a warm towel on your baby's belly might do the trick in relieving gas. At the very least, a warm compress has been shown to alleviate gas discomfort. Just be sure to test the temperature and make sure it's not too hot.

Your baby's mood could help prevent gas

Fact: This one may come as a surprise, but if your baby is keyed up when you're feeding, they're more likely to gulp air as they cry or rush through mealtime. And crying and fussing can mean more gas bubbles. It's not always easy, but do your best to calm baby down before you begin feeding. Babies are also highly intuitive, so try your best to remain calm yourself, and your little one may follow suit. Limiting interruptions and distractions during feeding may also help.



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Gas in babies could be caused by a sensitivity to milk-based formula

Fact: Sometimes it's the immaturity of your baby's digestive tract that can keep some nutrients from being digested, causing gas. However, other times gas in a baby could hint at an underlying issue, such as allergies or sensitivities. Talk with your doctor about your worries and bring your baby in for an appointment to get to the bottom of it.

Sometimes switching formulas, baby bottles, or nipples can help ease gas

Fact: Some nipples and bottles are made specifically for babies who have gas. It's best to have baby feeding supplies on hand that reduce the amount of air your baby inhales during the feeding. Also, you can talk with your doctor about trying a formula designed for babies with gas, such as Enfamil NeuroPro™ Gentlease®.

While having a gassy baby may cause you a few worries, there are several steps to take to help alleviate tummy troubles. By switching up feeding habits and arming yourself with the right tools, you and your doctor should be able to get to the bottom of your baby's gas in no time. Learning more about other feeding difficulties can ensure that you'll be well prepared for managing mealtime and have the happiest baby possible.

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gas, and crying in 24 hours



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