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# Gassy baby? Here are the top 6 tips to manage baby gas

## Follow these 6 top tips to help manage your baby's gas pain

Gas and babies seem to go hand-in-hand, but there's no need to worry! Not only is baby gas normal, but it's also extremely common. Babies' digestive systems are immature, so it's normal that a little gas would be created as they adjust and grow.

### How to prevent and ease baby gas: 6 top tips

While gas may be common, what happens if your baby seems to experience discomfort, pain, or fussiness? Luckily, there are things you can do to help alleviate your little one's tummy troubles.

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#### Check your diet

Often, what mom eats can make its way to baby and cause gas for their tiny tummy. What's more, if a baby has an allergy or food sensitivity, the gas can sometimes be accompanied by diarrhea. If you're breastfeeding, here are some common examples of foods that may be causing your baby's gas:

- Beans and lentils
- Cruciferous vegetables like leafy greens, cauliflower, broccoli, or brussels sprouts
- Dairy (think yogurt, milk, cheese, or ice cream)
- Spicy foods (chilies, hot sauces, curries)
- Aromatic vegetables like shallots, onions, or garlic

A major culprit of baby gas is dairy, as cow's milk allergy and protein/lactose sensitivities are becoming more and more common.

The best way to check if a food you're eating is giving your baby gas is to try what's called an elimination diet. For up to 2 weeks, remove a suspected food from your diet and see if your baby's gas problems ease. If a certain type of food seems to be a culprit, try eating it only in moderation.

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#### Let the formula settle

If you're using a powdered formula—like Enfamil NeuroPro™ Gentlelease®—make sure you let your freshly mixed bottle settle for a minute or 2 before feeding your baby. Why? The more shaking and blending involved, the more air bubbles get into the mix, which can then be swallowed by your baby and result in gas. Try using warm (but not too hot) water instead of cold or room temperature water. This helps the formula dissolve more effectively, thus eliminating bubbles from tons of shaking.



**Tip:** If you're in a rush, gently tapping the bottom of the bottle on the counter or table can help bubbles rise to the top more quickly



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### Try a bottle for gassy babies

Some bottles are specifically designed to reduce the amount of air that is swallowed during feedings. If your baby is having problems with gas, try a vented, angled, or collapsible style. Make sure to hold baby's head elevated at a 45-degree angle and tip the bottle downward into their mouth with the nipple full of milk, not air.

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### Know the nipple your gassy baby needs

Nipples come in different sizes (based on age) and control the flow of the formula. For example, a nipple for a newborn has a slow flow, while a nipple for an older baby flows much more quickly. Make sure you are using an age-appropriate nipple.

If your baby has outgrown their nipple size, they might be sucking in a lot of air with the formula. And extra air means a higher chance of having gas (and gas pains). At the same time, if the nipple flow is too fast, your baby is gulping too much formula at once, which can also cause gas.



**Tip:** Make a baby-feeding supplies list, and test out different bottle and nipple sizes until you find the right one for your little one

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### Burp baby after feeding

It's best to try to keep your baby upright for 20 to 30 minutes after a feeding. If they're still gassy, burping can help release any gas pockets caused by your baby swallowing too much air. Gently pat your baby, starting at the lower back and working your way up. There are a few different ways to help make your baby burp, so try one of these burping positions:

- Hold your baby against your chest (with their body facing yours). Ensure that their head is on your shoulder. Then pat and rub their back

- Have your baby sit on your lap. Support their chest and head with one hand while patting their back with the other. Make sure you're holding your baby's chin and not their throat
- Lay your baby flat against your lap with the belly face down. Support your little one's head and make sure it's higher than their chest. Gently rub or pat their back

If you can't produce a burp in your baby with one position, then try another. You'll probably find that one position works best for your little one.

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### Try a formula designed for gas

Some doctors recommend an elimination diet to see if there's something in the formula that is setting off your baby's digestion. If you think the current formula isn't best for your baby, you can try switching to formulas designed to ease gas issues. Enfamil NeuroPro™ Gentlelease® can help with fussiness and crying and is gentle on a baby's sensitive tummy. It has easy-to-digest proteins and provides complete nutrition—including brain-nourishing nutrients like DHA—for your baby's growth and development.

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gas, and crying in 24 hours



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