



# Enfamil® Eater's Digest

FEATURED ARTICLE:

**Smaller  
proteins can  
mean bigger  
smiles**

IN THIS EDITION:

## Down to a Science

What's causing your baby's spit-up

## Breast Friends

How to breast feed in public while maintaining privacy

## It's in the Bag!

Diaper bag DIY: wet wipes



## Toot or False?

Baby's digestive system is fully mature at birth.

See answer inside!





## Smaller proteins can mean bigger smiles

Diapers may not be the only thing that needs a change. Sometimes, baby's formula changes, too. 80% of babies have a hard time digesting proteins found in formulas and breast milk, but **Enfamil NeuroPro™ Gentlease® can help. Let's break it down!**

Some cow's milk formulas have whole, intact proteins that the developing digestive system can have trouble breaking down. This can lead to one uncomfy tummy. Gentlease® has smaller, broken-down proteins that babies who have difficulty with intact proteins can digest more easily. **In fact, our trusted Gentlease® formulation is clinically shown to reduce fussiness, gas, and crying in 24 hours!¹**

A "gentle" reminder: Baby doesn't need to have tummy trouble to benefit from Gentlease®. **Its proteins are gentle on lots of itty-bitty bellies.**

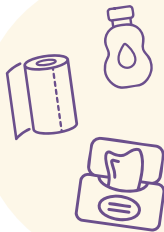


### Toot or False?

Baby's digestive system is fully mature at birth.

**FALSE.**

Like many other areas, baby's digestive system is still developing after they're born. And that's just one reason why you shouldn't feed your little one solids before 4-6 months.



## Down to a Science >>>

Spit-up is often caused by the muscle at the bottom of baby's throat, which isn't fully mature yet and doesn't close properly. In other words, what goes down, can come up! Good news: This muscle is often done developing before baby turns one.

## BREAST FRIENDS



Need to breast feed in public but want privacy? Try wearing a tank top under a loose shirt. This way, when you're ready to nurse, you can pull up your shirt and pull down the tank top. *Voila!*

## --- IT'S IN THE BAG! ---

Wet wipes are a must-have for every diaper bag—and busy parent. But did you know that you can help your budget stretch further by making your own? Here's everything you need:

- ✓ A roll of strong or quilted paper towels
- ✓ Two cups of water (distilled or tap water)
- ✓ Two tablespoons of liquid baby bath soap (any baby shampoo or baby wash will do)
- ✓ One tablespoon of baby oil (avoid using other types)
- ✓ *Optional: a few drops of essential oil or aloe vera for scent*

Combine the elements above and store in a large (7 or 8 cup) container. Be sure to place a handful of your DIY wipes into a baggie then tuck into your diaper bag for on-the-go goodness.



# Real Parent Realness

My daughter loves the Gentlease® formula. She used to be such a fussy baby, but this has totally changed her. I'm so thankful for this formula!

– Melissa



Scan for more details about how  
Enfamil NeuroPro™ Gentlelease®  
is crafted for comfort



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**REFERENCE: 1.** Berseth CL, Johnston WH, Stolz SI, Harris CL, Mitmesser SH. Clinical response to 2 commonly used switch formulas occurs within 1 day. *Clin Pediatr (Phila)*. 2009;48(1):58-65. LF2332 NEW 01/25 ©2025 Mead Johnson & Company, LLC.

