

6 Ways to Bust Up Baby Gas

One of the worst feelings you can experience is watching your child endure pain of any kind. So when you have to watch your baby deal with painful gas, you want to do whatever you can to stop it...fast. Gas is very common in infants and since crying is their only way to communicate, you are dealing not only with a gassy baby, but also an extra cranky baby. So, why not try to prevent gas bubble buildup before it starts? Here are 6 ways to bust up baby gas.

Mom's Diet If you are a mom who breastfeeds, be sure to avoid gas-causing foods such as: Caffeine (colas, tea, coffee and, yes, chocolate) Dairy (baby may be lactose intolerant) Nuts Broccoli Beans Changing your diet could make a big difference. All Bottles are Not Created Equal If you are bottle-feeding, use bottles that are engineered to help reduce baby's intake of air. Some bottles have nipples that are too large, and baby will eat too fast. Then, some bottles have nipples that are too small, causing baby to suck harder and take in more air. Bottles like Dr. Brown's Natural Flow Baby Bottle contain an internal vent that eliminates the vacuum and air bubbles associated with other bottles. Don't Forget to Burp To avoid gas from moving into the digestive tract, remember to burp baby often (if you are bottle-feeding, after every 2-3 ounces, and if you are breastfeeding, after each breast). Try also to feed baby at a 45-degree angle or better. Three of the best burping positions are: Over the shoulder. Place a diaper cloth or burp rag on your shoulder and place your baby right up on the cloth. Gently pat or rub her back to induce the burp. Don't pat too hard or you will cause baby to spit up all over you. On the lap. Place diaper cloth on your lap and place baby on her belly. Gently pat or rub her back to induce the burp. Hold baby upright on your lap and drape a diaper cloth over your hand. Support baby's chin in your hand and gently pat or rub her back. Bust a Bicycle Move Lay baby on her back. Gently grab her ankles and move her legs in a bicycling motion in order to get the trapped gas bubbles moving. Formula for Disaster Not all formulas agree with all babies. Some formulas contain hard-to-digest proteins that result in gas buildup. Simply trying a different formula like Nestle Good Start may work wonders. Good Start contains proteins that are broken down and easier for your baby to digest. If All Else Fails Sometimes gas is unavoidable. Even after you try your best prevention methods. You might want to try gripe water, a tried and true homeopathic remedy used for over a century. Gripe Water contains natural ingredients like peppermint, chamomile, and ginger that gently bust up the gas bubbles and soothe your baby quickly. Don't watch your baby suffer one more minute. Try one, or all of the methods above and your baby will be on her way to gas-free in no time.

About the Author

Cherie Stirewalt is a colic baby survivor and enlightens parents about <http://www.colic-baby-bootcamp.com> colic remedies. Watch a video of Gripe Water in action at <http://www.gripe-water-review.com/colic-calm-video.html> Gripe Water Review.

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