

Get Rid of Baby Gas by Burping

Burping your baby is the best way to prevent problems with baby gas. In fact, it is the most recommended method of getting rid of gas and keeping your little one calm and happy and can even help with a colicky infant. Some babies are just difficult to burp, while others will happily let out that extra gas all on their own. It just depends on the baby, really. Whether you have an easy burper or a hard one, here are a few different ways to get your baby to burp:

The Shoulder Burp Very basic, this one. Simply put your baby up on your shoulder, so her head is resting on your shoulder and proceed to give her some firm pats on the back. Try to pat right where the stomach is, more or less in the middle of the baby's back. This should encourage the baby gas to come right up.

The Knee Burp If your baby just won't burp in the upright position, you can try this position. It involves laying your little one face down over your knees, while you are seated. It helps to have something to rest your feet on so your lap is level and the baby won't roll off. Then pat her back and wait for something to come up. You should be aware that this is also the position most likely to cause a bit of spit-up, especially right after feeding.

The Sit-up Burp If your baby can already hold her head up a bit, you can try this advanced method. Simply sit your baby on your lap, using one hand splayed across her stomach and chest to support her and use the other hand to give her some firm pats on the back to help the gas come out.

The Bouncing Burp This method is for hard-core, non-burpers. Your baby should be able to hold her head up fairly well before you attempt this one. Sit your baby right on your knee, supporting her with both of your hands. Now, bounce your knee up and down, bouncing the baby on it. This usually works very well if you are having difficulties getting your baby to burp.

There are times when you'll notice that the baby just doesn't need to burp. That's fine, too. If she seems to be content and happy after a couple of minutes of using the above techniques, but hasn't burped, it's probably fine to let her alone. After all, baby gas isn't always a problem!

About the Author

Do you want to know more about baby gas relief? Check out the [Baby Gas](#) blog for more great ways to eliminate gas in your little one.

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