

# Tummy relief tips for new moms and babies

If you're in your third trimester, it's a good time to talk to your healthcare professional about feeding your baby, especially if you have questions about breastfeeding.

However you decide to feed your new baby, here are some digestive health tips that can help you be prepared.



- **Understand what causes gas (and how to prevent it)**  
Some babies swallow air when they eat or cry, which can lead to gas. And an immature digestive system can make it difficult to relieve gas.
- **If you're breastfeeding: Try to avoid common culprits like beans, broccoli, cabbage, dairy, and caffeine**  
Gassy babies might be sensitive to certain foods.
- **If you're bottle-feeding: Try to limit the amount of air intake during feedings:**  
Make sure baby's lips are tight and far back on the bottle nipple and slow the flow of the bottle.
- **Help get rid of gas with "bicycle legs"**  
Lay your baby flat on their back and move their legs in a bicycling motion.
- **Burp baby more often**  
Try burping baby every 5 minutes or so to help get rid of gas bubbles as they occur.
- **Try Infants' Mylicon<sup>®</sup> Gas Relief Drops**  
Gently break down gas bubbles and help baby's natural process of relieving gas. Safe to use at every feeding when used as directed. Do not exceed 12 doses per day.
- **Recognize colic**  
If your baby is 3 months or younger and cries for at least 3 hours a day, 3 or more days a week, it could be colic.
- **Lay your baby tummy down and gently rub their back**  
The pressure against their belly may help comfort them, plus it could help relieve gas.
- **Avoid overfeeding your baby**  
Overfeeding can make baby uncomfortable and fussy, so try and wait 2.5 hours between feedings.
- **Walk or rock your baby**  
Steady, rhythmic motion can help calm your baby down.
- **Try Infants' Mylicon<sup>®</sup> Daily Probiotic Drops**  
Help balance the beneficial bacteria in baby's gut. Clinically shown to reduce excessive crying and fussiness associated with colic when used on a daily basis.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.