

# Pointers For Parents

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## Five Tips To Tackle Baby's Little Tummy Troubles

(NAPSA)—A baby's first year can be a delightful but sometimes stressful time for new parents as they try to discern their infant's needs and wants.

Bridget Swinney, MS, RD, a mother of two, understands how troubling it is to help calm a fussy baby with tummy troubles. An award-winning author and well-regarded nutrition expert in the field of prenatal and children's nutrition and family eating matters, she offers these tried-and-true tips to tackle baby tummy troubles.

- **Check the baby's position:** Keep baby upright while feeding and keep him or her sitting up for 30 minutes after a feeding. Make sure the baby has a good latch on the breast or bottle.

- **Check for places where babies can gulp in excess air:**

- **When bottle-feeding,** make sure that the nipple opening of the bottle is not too big, which can cause babies to gulp air between large mouthfuls. Tip the bottle up so that the nipple is filled with milk and baby doesn't get any air.

- **Forceful letdown and an over-abundant milk supply in breast-feeding** can also cause baby to gulp in excess air.

- **Work it out.** Baby massage and a baby "bike ride" (pumping legs back and forth while baby is on his/her back) can help get rid of extra gas. A warm bath can soothe both baby and mom.

- **Comfort your baby quickly.** Crying babies swallow a lot of air,



**When little ones aren't feeling their best, parents want to treat them with gentle products that have as few unnecessary ingredients as possible.**

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so respond to your baby right away. Consider "wearing" your baby in a sling if he or she is fussy.

- **Try gas drops or gripe water.** Products such as Little Remedies® Gas Relief Drops and Little Remedies® Gripe Water can help relieve excess gas from food or swallowing of air.

The Little Remedies® brand was created by a father and pharmacist who grew tired of searching for products for his children that were effective but made with ingredients he could feel good about. The brand's line of products feature only the necessary ingredients—that means no artificial flavors, artificial colors, or dyes.

For further information, visit [www.LittleRemedies.com](http://www.LittleRemedies.com).