

## Help for Infant Crying and Gas

Babies often cry a lot during their first few months of life. In fact, 2 hours per day is normal for healthy infants as they mature and adapt to life outside the womb.

**Here are some useful insights and tips to help you manage crying:**

### Babies' Tummies Are Still Developing



During the first few months, a baby's digestive system is still maturing. For example, the entryway to a baby's stomach will develop more muscle tone over time. Until it does so, stomach contents can wash back up, possibly making a baby irritable. This isn't usually harmful, but the discomfort it causes can make some babies cry.

#### What can help:

- Try feeding your baby smaller amounts more frequently. Extreme hunger can make babies eat too much too quickly.
- Keep baby upright for at least 30 minutes after feeding, and as much as possible, to help what goes down stay down.
- Try to prevent infant gas (see next section).
- Talk to your doctor if you think your baby is having regular symptoms or discomfort around feeding. Some signs are frequent vomiting, chronic coughing, constant hiccups, swallowing difficulty, and irritability when eating.

### Infants Get Gas—A Lot!



Three out of four infants get painful gas. A number of factors can cause a buildup of painful gas. During feeding and crying, young infants may gulp air until they learn to better coordinate sucking, swallowing and breathing. Gas can also build up when breast milk or formula is not agreeing with a baby. Crying can be both a sign and a cause of gas pain. Babies tend to swallow air as they cry—causing gas pain, more crying and more gas.

#### What can help:

- When feeding, make sure baby's lips form a good seal far back on the breast's areola or the bottle's nipple.
- Burp regularly during feeding—after every 2 or 3 ounces for bottle-feeders or when changing breasts for nursing babies.
- Burp effectively—holding baby upright or sitting on your lap, with head and chest supported. Firmly pat baby's back for a few minutes. (Note that babies may not burp every time.)
- If you're breastfeeding, try to avoid caffeine and gas-producing foods such as beans, broccoli, cauliflower, and cabbage.
- Talk to your doctor if you suspect your breast milk or formula may be causing stomach trouble.
- Lay baby on his back and bicycle his legs to help gas pass.
- Massage baby's tummy while lying down, using gentle-firm circular strokes to help possible gas.
- Try an anti-gas medication, like Infants' MYLICON® Drops. It's safe for newborns and can be given with every feeding or as needed up to 12 times per day.\*

### Some Babies Are Naturally More Sensitive



What doesn't bother one baby can make another burst into tears—especially when they're adjusting to a whole new world! If your baby has a sensitive temperament, many things may be more distressing—noise, light, even a soiled diaper. You can't change temperament. But soothing your baby before he or she gets overwhelmed with crying can help.

#### What can help:

- Rock baby in a chair or your arms
- Swaddle (wrap baby snugly in a soft blanket with arms straight at her sides)
- Walk with baby in your arms, a carrier/sling, or a stroller
- Take baby for a car ride
- Make a "shhhh" sound, sing, or talk to your baby
- Use a baby swing
- Place baby near soothing rhythmic noise (e.g., a fan, dryer, ticking clock, recording of ocean waves)
- Offer a pacifier

**As always, be sure to talk to your healthcare provider if you have any questions.**

\*Use only as directed. Do not exceed 12 doses per day. For more information about Infants' MYLICON® Drops, ask your healthcare provider or visit [www.Mylicon.com](http://www.Mylicon.com)