

“About relieving gas”

An excerpt from

OVERCOME FREQUENT WAKING

A no-tears action plan,
tailored to your baby's needs
to achieve sleeping through the night

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Disclaimer

The content in this book is for information purposes only.

The author is not a medical professional and does not give medical advice.

Always use your own judgment and contact your doctor or health adviser to ensure your child's health.

If your baby is younger than 6 months old, delay introducing solids until she is 6 months old. This is the universal recommendation from the World Health Organization^[WHO06].

If you have switched to formula or a new formula, one of the ingredients may be causing issues. Cow's milk and soy are the top most common issue-causing ingredients, but it may also be any of the supplements. Refer to the section on allergies and/or food sensitivities.

If switching from breast to formula before 6 months old: think about this very carefully. If your only reason for switching (whether or not advised by a healthcare professional) is in hope of making your baby sleep longer, know that this only very rarely has the desired effect. In fact, due to digestive issues, it usually makes sleeping worse than before. Or, if no digestive issues arise, any positive effect is often temporary only.

It may also be that you cannot or do not want to continue breastfeeding for various reasons, and that is of course absolutely fine. Just bear in mind that it should always be your very personal, well-considered choice (some doctors and even pediatricians sadly still often suggest a switch hoping for an easy sleep solution). If you have any doubts about this, do not hesitate to contact a local lactation consultant, see [resource recommendations](#) at the back of the book for help with this.

Gas

Gas is common in babies in their first year. Taking in air while feeding or not entirely digesting milk creates air bubbles that easily bother the intestines.

How to recognize

You would notice (smelly) farts and bloating, and your baby would regularly cry as if in pain (eyes closed, cramped up tummy, pulling up feet) and wriggle uncomfortably. Gassy babies also typically moan and groan in the hour after feeding, sometimes longer.

What to do

Avoid your baby taking in air when feeding. Your baby may take in too much air if she is very hungry or *greedy* at mealtimes or if the milk flow she has to cope with is too fast.

Always help your baby be calm at mealtimes. Feed 30 minutes sooner if that helps her be less hungry, and do not allow her to pounce on the breast or bottle. Also work to avoid distractions during meals: sit in a quiet place, a separate room with dim lights if necessary. That said, some babies feed more calmly with some level of distraction around. So experiment a bit to find what works best.

- If breastfeeding: To avoid the fast letdown spray at the beginning of a feed, which is difficult to cope with for your baby, use your hands to gently express the first bit of milk into a cloth before offering your breast to your baby.

Ensure that your baby empties the first breast well before offering the second breast. This may require some nudging to keep her going at the first breast (tickling to keep her awake, unlatching to sit her up and then re-latching at the same breast, etc.). That will avoid her getting too much of the lighter fore milk (which is easier and therefore faster to drink) and ensure she gets enough of the much-needed, nutritious hind milk (which comes down more slowly so there is less risk of taking in air). More about this below in the section about [breastfeeding: not enough nutritious hind milk](#)

- If bottle feeding: Decrease the size of the teat hole you are using to decrease the milk flow and so reduce air intake.

To reduce the amount of unwanted air in the milk: prepare the milk in one bottle, shake and let it rest for a few minutes. Then transfer the milk to another bottle, which you will use for feeding.

Also:

- Burp after each feed. Pause during feeds to burp.
- Consider [allergies and/or food sensitivities](#): bloating and gas are a typical consequence of dairy intolerance or difficulty digesting other foods.
- Have your baby lie on her back regularly (as often as you feel like) with her feet up and legs resting on you or a pillow. Add gentle tummy massages: move your hand clockwise over her tummy.
- Consider using natural baby gas drops: ask your pharmacist or someone at your local natural health store.

[Back to Physical Symptoms Checklists](#)

Feeding issues

The following feeding issues commonly cause poor sleep or prevent your baby from going back to sleeping well after a regression.

Drinking too quickly

Nursing or bottle feeding greedily, restlessly, quickly (gulping down the milk), etc. is very likely to cause gas in your baby.

What to do

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