



Toronto Doula
Group

GASSY BABY

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Gas Is Normal!

Did You Know??

Adults experience gas symptoms, cramps, needing to shift around, bowel movements and passing gas, 10-20x per day. For babies it's around 13-20x per day. Pretty much the same. However, babies have a more difficult time with the small cramps and passing gas. For an adult, they can simply fart. For a baby the message to pass gas doesn't flow as quickly to the anal sphincter so it can build up and cause discomfort. And how does baby deal with that? They cry and fuss. How would an adult deal with it? They would fart, move around or go to the bathroom. For baby, they don't really move, they rely on you to do that, so the fussing and crying is a signal to you, to help them out.

What Causes Gas?

- Swallowing air through eating and crying (which they do a lot of)
- If you are breastfeeding and have a forceful let down causing baby to choke
- The breakdown of carbohydrates, (this is why it's normal) a normal component of breastmilk.
- However, if formula feeding, it is a breakdown of different carbs that the body may have a tougher time with.

What will give you and baby relief?

- Holding baby upright
- Moving them around often
- Lots of burping attempts
- Bicycling baby's legs
- Tummy massage including: bubble hunt, and I L U
- Stomach hold: holding baby belly down on your arm, chin supported by your hand.