



7 Easy Ways to Soothe a Fussy, Gassy Baby

Simple things you can try at home today

1 Burp your baby during feeding

Pause part-way through a feed to help your baby release swallowed air, then burp again at the end. This applies to breast and bottle feeds.

Sources: Mayo Clinic; Cleveland Clinic

2 Move their legs like riding a bike

With your baby on their back, gently move their legs in a slow cycling motion. This may help move trapped gas along.

Sources: HealthyChildren.org (American Academy of Pediatrics); Cleveland Clinic

3 Give tummy time

Offer tummy time only while your baby is awake and closely supervised. Wait 20 to 30 minutes after a feed, and never let your baby sleep on their tummy.

Sources: HealthyChildren.org (American Academy of Pediatrics); Cleveland Clinic

4 Hold your baby upright

Feed with your baby in a comfortable, upright position, then keep them upright for about 15 to 20 minutes afterward. This can help reduce swallowed air and spit-up.

Sources: HealthyChildren.org (American Academy of Pediatrics); Mayo Clinic



More simple ways to help

5 Feed slowly, don't rush the bottle

Let your baby feed at a comfortable pace and pause for breaks. A bottle feed usually takes about 20 minutes; if your baby finishes much faster, ask about a slower-flow nipple.

Sources: Mayo Clinic; American Academy of Family Physicians (FamilyDoctor.org)

6 Try a warm bath

A short, comfortably warm bath may help calm a fussy baby. Check the water with your wrist first, never use hot water, and stay with your baby the whole time.

Source: Mayo Clinic

7 Rock, sway, or take a walk

Gentle movement can help calm a fussy baby. Try rocking them in your arms, swaying, or going for a gentle walk together.

Source: Mayo Clinic

When to contact a doctor

Call your baby's doctor if you notice forceful or persistent vomiting, blood in the stool, a swollen or hard belly, poor feeding, unusual sleepiness, trouble breathing, or crying that seems severe or different from usual. **A fever of 100.4°F (38°C) or higher in a baby under 3 months needs medical care right away.**

Important

This guide is general information only and is not medical advice. Every baby is different. If you are worried about your baby's symptoms, speak with your pediatrician.

References: HealthyChildren.org (American Academy of Pediatrics); Mayo Clinic; Cleveland Clinic; FamilyDoctor.org (American Academy of Family Physicians).