

How to help baby's tummy problems

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Baby tummy problems? If only they could tell you what's wrong. Until we locate a baby whisperer, here are a few ways you can help an unsettled baby.

- Try "bicycle legs" to activate their little digestive system.

- Try giving them a warm bath.

- Try clockwise tummy massages after a bath to help move things along. [Read our checklist on how to give a baby massage](#) [1].

- If they seem colicky or uncomfortable, try feeding little and often. [Read our checklist on what to do if your baby has colic for more tips](#) [2].

- Try burping baby after every feed until they seem more comfortable.

- Try burping halfway through feeds.

- Try different feeding positions to find out what suits baby best. For different breastfeeding holds, check out our guide to getting comfortable.

- Try carrying baby upright, perhaps in a sling after a feed, if they are colicky or uncomfortable: 15 mins is a safe bet.

- Try cool boiled water between feeds if they are constipated.

- Talk to your healthcare provider (HCP) if you think your baby could be reacting to a certain milk.

- Read Troubleshooting tummy troubles to help you get to the bottom of your little's one upset stomach.

- Talk to your HCP if you're concerned baby's tummy problems could be caused by underlying illness.

- Consider your own diet if you are breastfeeding. Talk to your HCP about how your diet could be affecting baby.

- Talk to your HCP if you're worried your baby might be lactose intolerant. You can read up on the symptoms of lactose intolerance here.

- Consider if your baby might have tongue-tie. Some babies are born with it and it can affect their feeding if left untreated.

Source URL: <https://www.babyandme.nestle.info/0-6-months/baby-tummy-problems>

Links

[1] <https://www.babyandme.nestle.info/node/682480>

[2] <https://www.babyandme.nestle.info/node/682513>