- Infants—care

Gas relief for babies

Burping and tummy time are some ways to manage this discomfort.

The Star Malaysia · 21 Mar 2025 · 7 · By Dr LAURA JANA and Dr JENNIFER SHU

WE are big believers that there's really no need for parents to pay a high price in exchange for less gas.



certain food or drink clearly causes your baby's distress.

Just remember that food is not the only cause of infant gas. Be sure not to randomly remove so many foods that you leave yourself with too little on your plate.

If your baby is formula-fed, consider holding off on mixing up powdered formula and use concentrated or ready-to-feed formula instead to minimise air in the formula.

Or, let your freshly mixed powdered formula settle before serving. The more mixing and shaking involved, the more air bubbles get into the mix. And this results in more swallowed air and potentially more gas.

Be sure to discuss any formula changes with your paediatrician.

When a lot of gas is involved, trying a different formula may well be just what your doctor orders.

Help your baby

You can also help your baby swallow less air by slowing the flow of liquids from their bottle into their mouth.

Trial and error with different bottles and nipples tends to be the best approach. You can also look for special bottles – such as those that are vented, angled or collapsible – meant specifically to keep babies from swallowing extra air while drinking.

Stepping up your burping

Tummy time not only can help keep their head from becoming flat while strengthening their upper body, it can put pressure on any gas that's thinking about settling in to be on its way out instead.

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diatricians are increasingly recommending that you just shouldn't use them.

If, however, you still feel your baby may

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Stepping up your burping efforts can help with infant gas relief. Burp your baby during, as well as after, each feeding. – Freepik

That said, if your baby seems gassy, there are several things you can try to do to remedy the situation.

We simply suggest that you do so with only modest expectations, since breaking up gas is hard to do.

If you're nursing a gassy baby, there are some foods that you consume that may be more suspect than others.

However, identifying which ones may be the cause in a breastfeeding parent's diet is often easier said than done.

It is certainly worth paying attention to whether or not a certain food or drink clearly causes your baby's distress.

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Stepping up your burping efforts can help with infant gas relief.

Burp your baby during, as well as after, each feeding. Just be forewarned – some babies don't take kindly to this sort of rude interruption.

You can help get rid of unwanted gas by simply laying your baby flat on their back and moving their legs in a bicycling motion. It works as a form of baby massage for gas.

Better yet – give them some supervised tummy time. Tummy time not only can help keep their head from becoming flat while strengthening their upper body, it can put pressure on any gas that's thinking about settlingintobe on its way out instead.

You may hear that some babies seem to respond well to over-the-counter anti-gas drops that contain simethicone, the key ingredient found in certain colic drops.

To tell the truth, we haven't found definitive evidence to show that the effort and expense of infant gas drops pay off.

In fact, with respect to colic, studies suggest that simethicone does not help.

It is for this reason that paediatricians are increasingly recommending that you just shouldn't use them.

If, however, you still feel your baby may benefit from anti-gas drops, there's usually no harm in trying them. But consult with your paediatrician first just as you should before introducing any medication. – American Academy of Pediatrics/tribune News Service

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