

HOW TO HELP MY BABY THROUGH DIGESTIVE PROBLEMS



WHAT SHOULD I DO?

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FOOD

- Make sure your baby gets enough fiber if he or she eats solid foods.
- Monitor the introduction of new foods to see if your baby has any allergies or intolerances that would make him or her uncomfortable, introducing one new food at a time.

EXERCISE

- Place your baby on his belly often. Not for sleeping, as he should be on his back, but let him play on his stomach so that he strengthens his neck muscles (which will help him stand up and possibly regurgitate less), while stimulating his bowel movements.
- Do the bicycle with baby's legs, bringing his legs back to his body to stimulate his digestive system gently.

PROBIOTICS

- The probiotic strain lactobacillus reuteri has been studied and is believed to have a beneficial effect on the digestive system. It may have a positive effect on reflux, transit and colic.

MASSAGE

- Lay your baby on his back and massage his tummy clockwise with a little oil so that your hand slides smoothly and the warmth of your hand can soothe baby.

HYDRATION

- When your baby starts solid foods, offer water as a supplement to hydrate the fibers in the gut.

BABYWEARING

- Babywearing is ideal to help your baby digest, because as he is upright, gravity can do its work better and gastric reflux is avoided! Burps can also come out more freely in this position. In addition, babywearing calms the baby because of the closeness to the parent.