

Is your child the gassy type?

Some children have discomfort from gas more often than others. Here are some tips to help prevent it.

Most stomach gas is caused by **swallowing air** when we eat or drink. Certain babies and kids tend to swallow a lot of air—and get more gas than other children. If one of these sounds like your child, here are some small changes that can make a big difference.

The Newbie

Babies eat and cry often—which means they can sometimes gulp down excess air. When feeding your baby, position her head higher than her stomach; this helps keep air from getting trapped in her tummy.



The Pacifier Princess



Sucking on a pacifier brings in more air. If gas ever becomes a royal problem, try limiting her pacifier time.

Your energetic guy never sits still. But if he crawls or plays around the room while eating, it can cause him to swallow more air. Whenever possible, insist on meals at the table.

The Multi-Tasker



The Straw Sipper

When using a straw, many children suck liquid and excess air into the stomach. Straws may also increase the risk of cavities. Use them only occasionally.



Birthday parties are a recipe for overindulging—and the indigestion and gas that result. Encourage your child to choose a few favorite treats and ignore the others.

The Party Animal



The more gum she chews, the more air she swallows. Plus, if she's like some kids, artificial sweeteners may be hard to digest, leading to intestinal gas. Try to limit gum to an occasional treat.

The Gum Chewer



If he's gobbling down dinner, he's probably gulping down air, too. When you eat, try to model a healthy eating pace; he may slow down as well.

The Speed Eater



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