

# Oh baby!

## A new parent guide to gas, colic, and more



### What causes gas (and how to prevent it)

An immature digestive system is one cause of infant gas. Some babies swallow air when they eat or cry, which can also lead to gas.

### Workin' it out!

- Help get rid of gas by laying your baby flat on their back and moving their legs in a bicycling motion
- Or, lay your baby tummy down across your knees and gently rub their back. In addition to relieving gas, the pressure against their belly can be comforting



### Tend to crying right away

**More crying = more air = more gas!** While pacifiers may soothe some babies, sucking on one can also cause baby to swallow air, which could lead to gas.



### Try Infants' Mylicon® Gas Relief Drops

They gently break down gas bubbles, helping baby's natural process of relieving gas—plus they're safe to use at every feeding!

### What causes colic (and how to prevent it)

It's normal for babies to cry. **However, if your baby is 3 months or younger and cries for at least 3 hours a day, 3 or more days a week, it could be colic.** An immature digestive system could be a potential cause of colic. Or, it may be caused by something more complex, such as a food allergy, or an imbalance of "good" bacteria in baby's gut.



### Try Infants' Mylicon® Daily Probiotic Drops

- ✓ Helps balance the healthy bacteria in baby's gut and supports immune function\*
- ✓ Is clinically shown to reduce excessive crying and fussiness associated with colic\*

### It's OK to take a "time out"

If a crying or colicky baby makes **YOU** want to cry, you're not alone! It's OK to place your baby in a safe location (such as the crib) and take a moment for yourself. Breathe deeply and count to 10, listen to your favorite song, or hop on a quick call with a friend or family member for support.

### Remember that nobody knows your baby like you do

The books. The blogs. Your parents! At the end of the day, only you know your baby best. Trust in your instincts—and your pediatrician's—to ensure baby grows up happy and healthy. **You're already off to a great start!**



For Infant Gas



Use products only as directed.



### Whether it's gas pain, upset stomach, or colic, Mylicon® has your back

Check out Mylicon® tummy relief products for babies and bigger kids too



Scan to visit our Amazon store

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.