

Is your baby in pain?

From:  **Minbie** | info@minbie.co.uk

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To: **Henna Atarid** | kelly@kmwade.com

Let's talk about gas - why it forms, why it's a problem and 7 methods for getting rid of it



Dear Henna

The parenting learning curve can be quite steep sometimes- I know, I've been there too.

One of the things I found most difficult was burping my baby. I didn't really know why I needed to do it and I just couldn't seem to do it effectively.

So, I did some research and talked to lots of other parents. Eventually, I figured out what the big deal is and found techniques that worked for my baby. In fact, I learned a massive amount in a relatively short period of time.

For instance, I discovered the main reasons why you should burp your baby are that air and gas in a baby's digestive system can cause pain and take up valuable room that could be used for digesting food. That's why my baby was hungry all the time yet would cry after a feed.



And, did you know that the food a breastfeeding mother eats can affect how much gas her baby produces? Formula-fed babies aren't out of the woods either as they can develop intolerances to baby formula ingredients.

The most valuable thing I learned was a range of **7 techniques for burping babies**. As is the case with pretty much everything baby-related, some techniques worked better for my baby than other people's babies and vice versa.

But I also found some great tips for preventing my baby from producing so much gas in the first place. For instance, I learned that the way you mix up powdered baby formula can affect how much air Bub swallows during a feed.

Since that time, I've come across so many people who've struggled to burp their babies. So, I decided to put everything I learned into a blog post so others can benefit too. If you have any questions about burping babies, please check it out - it's called

[Baby burping: the why, when and how plus expert tips.](#)

Well, that's all for today's email. In my **next email** I'll be looking at how to get out of the house with a baby in tow. Keep an eye on your inbox for that one.

Best Wishes

Julia

Julia Wilson

Minbie Co-founder



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