

# DOES YOUR BABY HAVE COLIC, TRAPPED GAS, REFLUX OR SILENT REFLUX?

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Try these tips and tricks

## H

### HEAD ABOVE SHOULDERS

Make sure while feeding, baby's head is above their shoulders! Ask your PT about a good position for your baby to help with stretches too. (And don't forget to burp baby!)

## O

### ORAL MOTOR PLAY AND HYGEINE

Use a baby wash cloth or CLEAN hands to brush along baby's gum line and palate of the mouth. This brings overall better awareness to the mouth/tongue which can improve baby's latch in hopes to decrease sucking in air, which causes gas.

## L

### LATCH

Check baby's latch on bottle and/or breast. Is baby making a clicking or smacking noise? If breast feeding, is mom having intense pain, cracking, or bleeding? Is baby latching on and off? These can all be signs of tethered oral tissue in baby's mouth and can be looked at by an ENT or pediatric dentist.

## D

### DAIRY

Infants have a premature digest system and oftentimes may not be ready to digest dairy just yet. Breast feeding moms can try eliminating dairy from their diet. If formula fed, look into a dairy free formula.