**BurpingYour Baby**

Burping is a technique that requires assertive pressure and focus. Some babies are more difficult to burp than others and you may need to choose a combination of burping techniques to release stubborn wind.

Throughout, make sure your daughter’s back remains as straight as possible to help open out the digestive tract.

**Tongue Position**

Always check the position of your daughter’s tongue before starting. her tongue needs to be at the base of the mouth to effectively bring up wind. Press on her lower jaw to open it and hopefully the tongue will flop down. If this doesn’t work try popping the cheeks.

**Over the knees tummy down**

Place your daughter over your knees with her tummy facing down and her left side farthest from you. Reach across and curving your hand slightly, slip it underneath and rhythmically pat up and down the tummy area. Mothers are often surprised to hear a sloshing noise that will disappear once gas is released.

**Over the knee facing upwards**

In this position it is easy to massage your daughter’s tummy.|

Try the following techniques:

* Using firm pressure, massage her tummy clockwise.
* Place your palm just below the ribcage and in one fluid movement massage downwards towards the pelvic region. Repeat two or three times.
* With your outstretched hand span the entire width of the abdomen with your thumb and fingers on opposite sides. Gently squeeze together your thumb and fingers in a kneading motion and repeat several times.

**On the Shoulder**

Place your daughter on your shoulder facing towards you so that their chin rests on the crest of your shoulder. Using both hands, slip your thumbs under your your daughter’s hips and tilt upwards in a backward rotation to help straighten out the body. This may mean you lift them slightly away from your body to achieve this.

Do not pull her legs to straighten them as it can dislocate the hips. Once positioned, using the same arm as the shoulder your using, cross your forearm firmly under her buttocks to support >>her/him<<.

Using your palm, massage the entire back with circular clockwise motions.

Firmly pat your daughter’s back a few times then rub up and down the spine using equal pressure on both the upward and downward strokes.

Your hand should be large enough - and your daughter small enough - that your fingers and thumbs can reach the sides of the body. Massaging these areas will access both the ascending and descending bowels and encourage intestinal gas release.

With practice, a combination of these techniques will take no longer than five minutes.

**On the Change Table**

Hold your daughter’s legs below the knees and gently place them onto her tummy. Release, then place them to the right side of the tummy, release again, and then place them to the left side. This movement will help release the bowel gas.

**Nappy Change**

The act of changing a baby’s nappy often alleviates wind as the leg movement during changing, followed by going back over your shoulder, can be effective in bringing the bubbles to the top.