

Points To Consider Before Giving Ginger To Your Baby



To avoid potential drug interactions, consult your doctor before giving ginger to your infant if they are taking any medications.



Avoid giving honey with ginger to babies below one year.



Ginger may cause some mild side effects, such as diarrhea, heartburn, and gas.



Consider the "three to five-day wait rule" when giving ginger for the first time.



Offer ginger water or milk to babies only after they turn one.



Avoid giving ginger to babies below two years of age as medicine.