

How To Aid Your Baby's Smooth Digestion



Strictly breastfeed the baby until six months of age.



Burp them after every feed and give them tummy time when they are awake.



Avoid smoking, alcohol, and recreational drugs while lactating to reduce the risk of colic.



Give them a gentle tummy massage or warm compress to aid in digestion.



Introduce one solid food at a time to identify allergies and allow their tummy to adjust.



Avoid fried and baby junk foods.



Aim for a balanced diet of fruits, veggies, broths, purees, and soups to prevent constipation.