

# Ways To Deal With Your Baby's THRUSH AT HOME



Don't breastfeed for more than 20 minutes each session to minimize discomfort for the baby.



Use a spoon, cup, or syringe to formula feed the baby.



Switch to liquid foods for infants and semi-liquid purees for older infants.



Avoid using a pacifier as it may worsen the thrush, and sterilize it after every use.



Take the diaper off the baby several times a day to air out the affected area.



Change diapers more frequently to prevent the infection from spreading.