

# BabyCues



three  
top burping tips



# Hello!

*It's lovely to have you here*

I'm Philippa Murphy

I'm an Infant Gut Health Practitioner, colic and reflux specialist, postnatal practitioner, educator, speaker, author, Mum, step-mum, detail attentive newborn and infant activist, meditator, quantum physics lover, dabbling artist and creator. Oh, I'm also a self-described advocate for common sense, I love all things nature, the colour green, and my morning coffee.

With a background in Child Development and Psychology, and being a Certified Lactation Consultant, and a Nutritional Health Coach, I'm a keen advocate

for preventative intervention through education. One of my main commitments for holistic child, and parent health, is to provide education that is focused on eliminating the unnecessary symptoms of colic and reflux from our world. Yes that can be done, and by natural means. It's what I love to do.

I also cherish any opportunity to empower parents with knowledge that will enhance confidence, so their intuitive care, and love, can develop in the best way possible. The tips in this guide are a little slice of the empowerment that I wish for you.



### *Tip 1:*

Instead of patting your baby's back to release their air.

To release burps, rub your baby's back with an open CUPPED palm, starting from the base of the back up to the shoulders. Your palm and fingers should provide a medium pressure up each side of the torso, with your hand avoiding pressure on the spine, as you rub upward. This technique is much more successful than patting, which tends to breakup air pockets, making them harder for you to release. And if you think about it, would you want to be patted on the back for a lot of day?

## *have you heard of Nature's Wind Sequence?*

It's a responsive, step-by-step guide that helps you release more burps for your baby for their comfort.



## Tip 2:

Poking out the tongue with a chewing motion does not mean your baby wants more food.

This cue is actually one of our innate cues of wind – there are a total of six altogether. It tells you that your baby has wind sitting high in their stomach, or oesophagus, ready for you to release. If you see this wind cue, and you don't release that pocket of air, then newborns tend to start crying from the discomfort of it being trapped. Parents are often then told that their baby is hungry, and so the parent may feed again, which can then led to the common cycle of Digestive Overload symptoms.

## *have you heard of a baby's Six-Wind-Cues?*

From the moment of birth, ingested air initiates five physiological developments that are communicated through our humanistic Six-Wind-Cues.

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### *Tip 3:*

Holding baby upright for thirty minutes after a feed is not beneficial for releasing trapped air or reflux.

So many parents are taught to keep their baby upright for thirty minutes after a feed to reduce the possibility of them bringing up milk – refluxing. However, what this then does is actually have baby retaining a lot of the swallowed air from their feed. This air sits in pockets throughout the milk in their stomach, which in turn creates a 'pressure pot' scenario that in time will have the child grizzling, crying or screaming. It also often has them refluxing an hour or so after the feed anyway, as the retained air pushes out the milk that it sits under. So by burping baby immediately after the feed, over and over again with my step-by-step method in my [BabyCues book](#), you can reduce the symptoms that are often labelled as the witching hour, colic, reflux and silent reflux, or what I call Digestive Overload, the cause of these symptoms.

## *have you heard of Bio-logical Calming?*

These calming techniques work in harmony with your baby's cues, while developing their emotional and physical growth.

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*need* more help to  
amplify your  
baby's comfort?

*explore*

## BabyCues Burping and Wind Masterclass

Learn BabyCues revolutionary, life-changing technique of burping your baby to comfort and calm, called Bio-logical Winding. Understand the causes and effects of trapped air in your baby's body, while learning practical burping techniques that intuitively align with what your child is showing you in each moment, inclusive of how to respond knowingly to their Six-Wind-Cues.



# WHAT YOU LEARN



## 01 WHY BURPING IS IMPORTANT

**Topics:** the basic relationship between trapped air (aerophagia) and your child's digestive function. You'll also learn the array of negative side effects they can exhibit when they retain air, along with discussing my original findings on the natural positive developments that the mechanism of air creates for all humans.

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## 02 COMMON CYCLE OF TRAPPED AIR AND DIGESTIVE OVERLOAD

**Topics:** exploring the common cycle that trapped air takes through a newborn's body, and the common daily care practice that contributes to the common cycle of Digestive Overload.

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## 03 MYTHS VS TRUTH

**Topics:** an in-depth look at the mis-conceptions and mis-teaching of common daily care practices that hinder your children's comfort and cause more trapped air. Learn why they are illogical, why they don't serve our newborns, and glean some vital information on what is the alternative best practice and why.

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## 04 OVER-THE-COUNTER REMEDIES AND MEDICINES

**Topics:** Let's talk about all those 'remedies' that are currently marketed to parents and often prescribed for newborns because of the adverse symptoms caused by aerophagia. We will talk about the bad, the ugly and the wonderful. This truly is must no information for all parents for it can effect the short and long term health of your baby.

## 05 CAUSES OF AIR IN THE BODY

**Topics:** in-depth knowledge about all of the causes of air forming in the body, inclusive of diet, feeding patterns and technique. You will also learn the highly beneficial steps to take to eliminate each of these.

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## 06 OPTIMUM BURPING - WHEN IS BEST

**Topics:** this short module explores how many burps are ideal for each age and stage, along with when is best and easiest on baby to release those burps to reduce their stress, and yours.

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## 07 NATURE'S WIND SEQUENCE IN ACTION

**Topics:** watch valuable, never seen before footage of all the positions and calming methods that aid the release of trapped air from the stomach, while sharing my original discovery of the Six-Wind-Cues, something no one else in the world is teaching. Plus you'll get to see the full steps of Nature's Wind Sequence in action a number of times, in different scenarios like just after a feed, if baby is upset, night time burping, when baby wakes, and more.

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## 08 IMPLEMENTING BURPING INTO YOUR DAY

**Topics:** get out and about while still providing optimum levels of burping and learn how best to burp baby at night, when they wake from a sleep, or in the bath.

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*hailed as a  
game changer*

*parent's say so*

"I can't recommend Philippa's burping strategies enough for any parent whom has a baby that is struggling with wind and digestive discomfort. There is an answer that doesn't involve multiple medications or dietary supplements, and it's empowering."

"We are eternally grateful to you Philippa. Our little girl was seriously a windbag for the first month of her life. It brought her so much anguish, and obvious pain. The amount of time we spent pacing before we found you Philippa, and your wind sequence. A remarkable difference. We now get to see her little personality. Thank you. Forever, thank you."



"Thank you so, so, so much for teaching me how to burp my baby. She used to cry day and night for months, but you changed her completely. She is a happy child now. Thank you for giving us this knowledge."

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*why* I do what I do

*feel* empowered

Tap on the button to have a look at what you will receive and find answers to frequently asked questions.

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Quite simply my 'why' is because education around burping a baby, and trapped wind is lacking, illogical or outdated, and it's time a relevant, biology based approach was shared with parents.

Knowing the newborn cues for trapped air, burping and intestinal gas, along with how to help in each moment, is a fundamental learning that enables intuitive, responsive care on an intimate level, which truly harnesses the ultimate baby-led relationship.

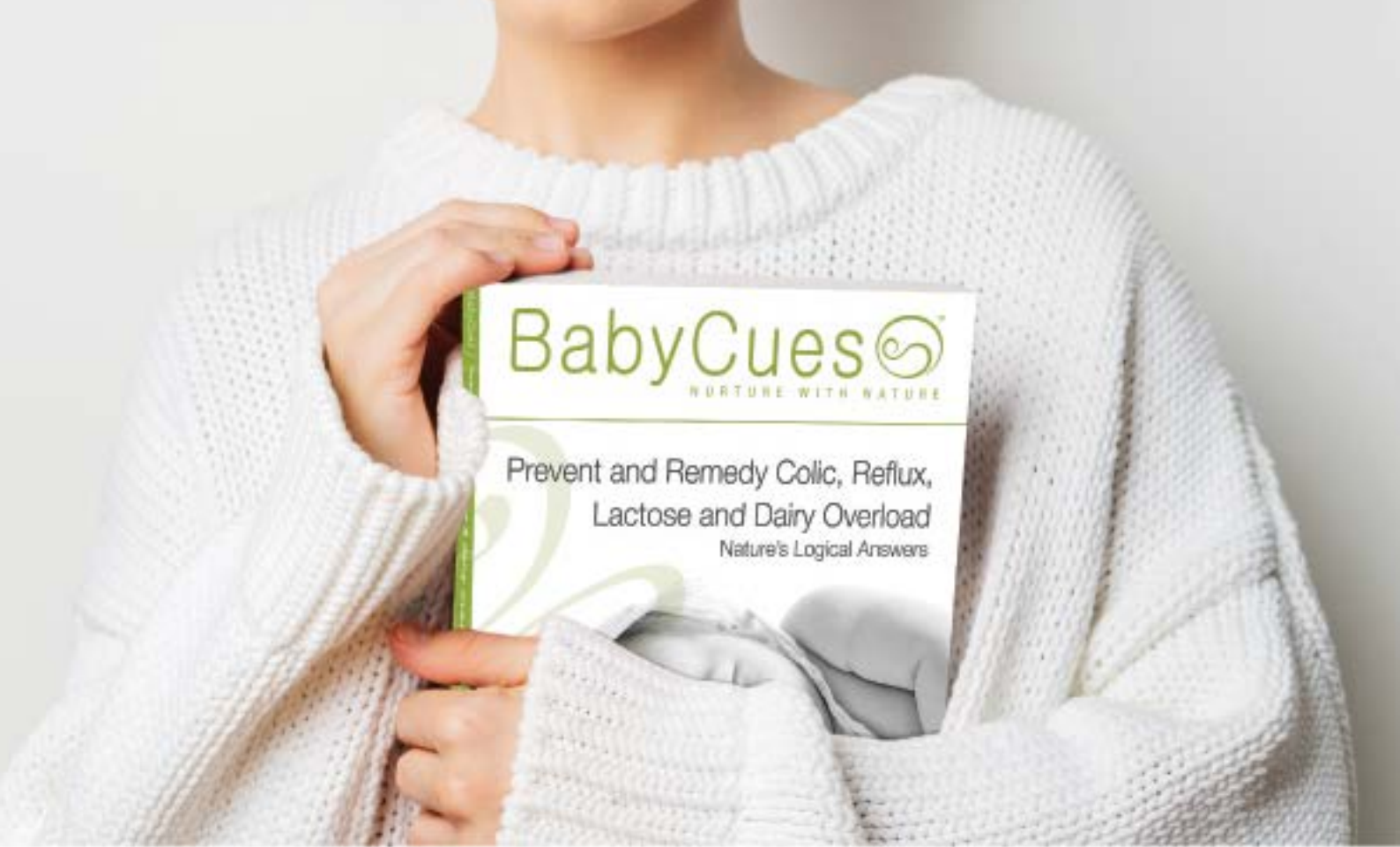


BURPING & GAS MASTERCLASS



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*air is a gift of nature  
understanding it's flow is essential*



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join me for more tips



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*Philippa x*