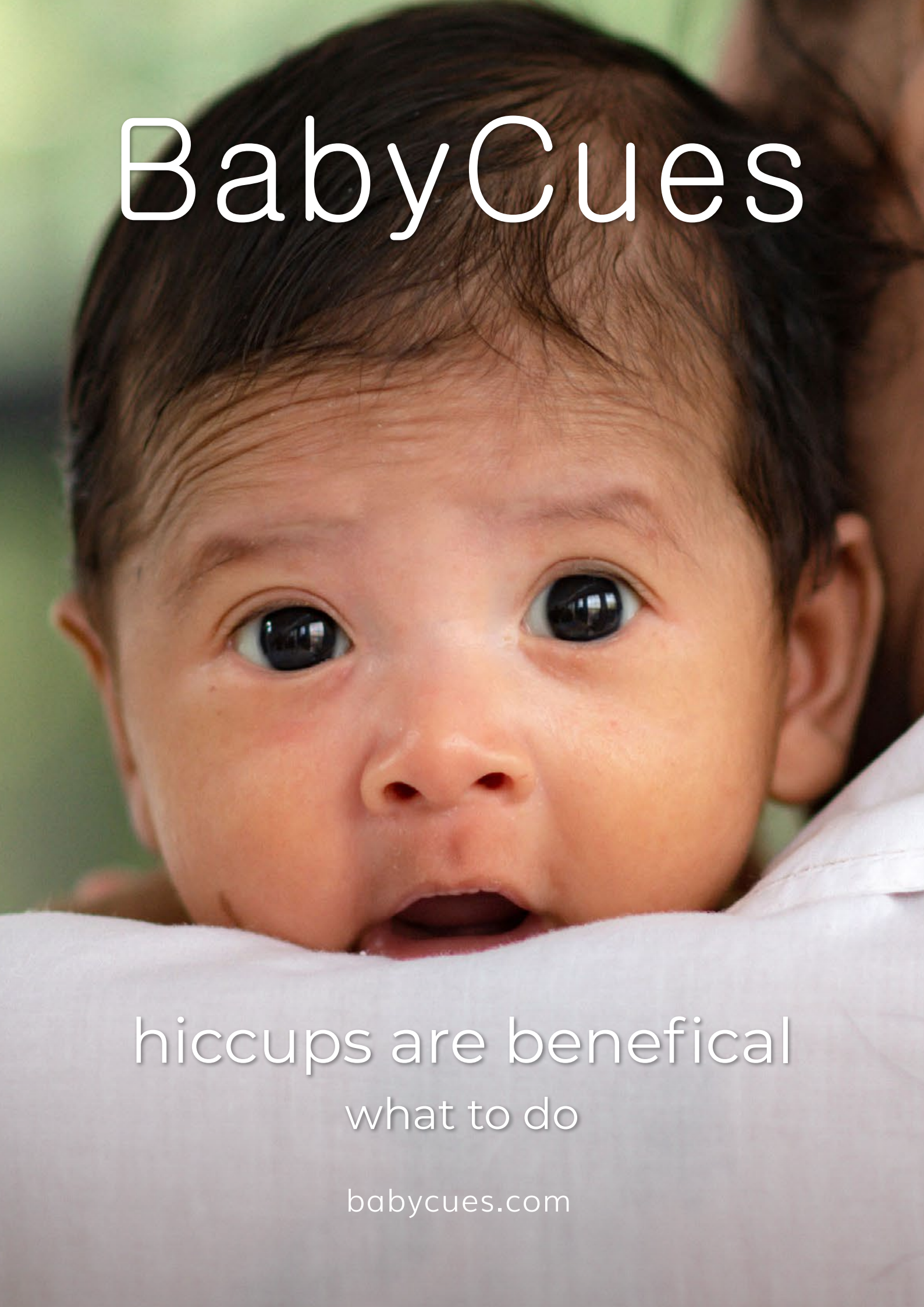


BabyCues



hiccups are beneficial
what to do

babycues.com

A PHILIPPA MURPHY BOOKLET

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Hello!

It's lovely to have you here

I'm Philippa Murphy

I'm an awarded Infant Gut Health Practitioner, a 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 Certified Nutritional Health Coach, I'm a keen campaigner 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, reflux and silent 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.

embracing nature

Did you know that your baby's hiccupping is their natural digestive reflex to expel an overabundance amount of air in their stomach?

That hiccups are a good thing when they appear, because they have your baby releasing some of that overabundant air with each hiccup?

And that when you know what to do when they appear, you can help your infant release even more air, which of course leads to more digestive comfort?

If not, don't worry - many parents do not know this. In fact I was never taught this myself in all my training. Instead, I discovered this to be the case in my early career as a Maternity Nurse over many hours of playing with positions, and observing great success with the technique that I'm going to share with you today. But first, let me explain a little about how hiccups occur.



the biology of hiccups

Newborns and young infants inevitably swallow air while feeding due to their immature suck-swallow-breathe coordination and developing digestive system.^{1,2} When this air becomes trapped it creates gastric distension which can stimulate the diaphragm and vagus nerve, contributing to hiccups.^{3,4}

As previously mentioned, in many ways, hiccups are a good sign. They show that your baby's diaphragm and nervous system are actively responding to air pressure in the gut, while alerting you that your baby has air to release. However, frequent hiccups can tell us that your baby may not be releasing enough of the air they naturally swallow during feeding - this is currently the case for millions of newborns because parents, you, are not receiving enough education around burping their baby, and sadly, much of the information you receive is misleading or downright incorrect.

If your baby is experiencing hiccups often, this can be one of the symptoms of Digestive Overload* with trapped air becoming one of the primary drivers of discomfort. This may present in your infant as:

- grizzling, crying, screaming
- distended stomach
- refluxing
- gurgling stomach
- unsettled feeds
- arching backwards and writhing
- abundant flatulence, gas, constipation or explosive stools
- decreased appetite from discomfort

Therefore, knowing how to use your baby's hiccups to release more air, along with how to burp them well after every feed is vital - just as vital as learning how to feed in my opinion. That's why I want to share, not only the simple technique to release additional air when hiccupping, but also my ten-step method of burping with you – Nature's Wind Sequence.

releasing air effectively

BabyCues Nature's Wind Sequence is a biology-led, gentle, step-by-step approach that supports an infant to release trapped air (wind) from the stomach in the natural rhythm that your infant's body naturally wants to release it.

This method teaches you to recognise that rhythm through learning how to read your child's innate Six-Wind-Cues and body language, while you supply the steps of calming techniques and positions that aid release.

This intimate, ten-step method works with infant physiology and in my mind is an essential, responsive providing and understanding for all parents to know as it is innately designed to



more digestive comfort, intimate care, and also prevent and help remedy Digestive Overload symptoms.

So, if your infant are showing any of the symptoms listed above, or you are being told they might have colic, reflux, silent reflux, or the witching hour, then I do really urge you to learn Nature's Wind Sequence. You can skill up on this this by reading my [Prevent and Remedy Book](#), or by watching me burp little Tia for an hour in my [Burping and Gas Masterclass](#), where you will also learn:

- why burping is important
- Digestive Overload and the common cycle of trapped air
- myths vs truth
- over-the-counter remedies and medicines
- causes of air in the body and how to reduce these
- optimum burping - when is best
- implementing burping into your day

You also receive a lot of extra resources that have already helped thousands of other parents around the globe to relieve digestive discomfort for their little one – you can view those [here](#).

Alternatively, you may enjoy my **free mini-course on Digestive Overload**, where I explain the real drivers behind colic, reflux, silent reflux, the witching hour, lactose and dairy overload, and even some cases of mis-diagnosed cow's milk protein intolerance. This is available inside the [BabyCues Infant Gut & Maternal Health Community](#).

hiccups - what to do

So now to the other way to confidently release air for your baby – knowing what to do when they have hiccups.

Step 1:

Move baby smoothly up over your shoulder

When hiccups begin, gently bring your baby up over your shoulder, placing their arms up over your shoulder and allow their torso to elongate and make sure the legs are straightened out. This creates room for the diaphragm to push the air out. Although, if your baby is still enjoying the early curled, foetal posture, then honour that and avoid straightening out the legs. Smooth movement is key for this step as sudden motions can stop hiccups prematurely, interrupting the beneficial air-release.

Step 2:

Allow the hiccups to work their magic

Once in this position, allow your baby to simply hiccup. Air will be released with the majority of the hiccups, especially the first few, and this can be small or large amounts. You will hear some of these but others but some will only be noticeable as a convulsion in the body rather as the diaphragm contracts, helping the air upward through the stomach.⁵ A bit like when we get hiccups. In fact the next time you have them, observe the air that is released with at least the first one.

Step 3:

Observe

If during the hiccups your baby's legs keep coming up, and you feel it's from discomfort in the lower digestive system, then you can cup your hand/hands around the side of their body and place medium pressure in their lower torso/groin area. This helps to reduce the discomfort and supports calm, which can then help them to release more air with the hiccups.

Additionally, if your baby's body is leaning to one side during the hiccups, gently try to straighten their body out while using a calming technique, like the ones' in my Prevent and Remedy book, because a baby often leans toward the place where the discomfort resides. Therefore opening up that area can aid movement of what is bringing discomfort in the digestive tract, whether it's air in the stomach or gas in the intestines perhaps, or waste.

Eventually, quickly or not so quickly, your baby will become squirmy, grizzly, or unsettled when there is no more air to release and the convulsing of the stomach becomes uncomfortable – as it does for us.



Step 4:

Transition position

When their communicated discomfort doesn't wane, you have another chance to see if you can release more air, while also soothing them. To do this, you'd sit down and gently slide your baby into what I call the Buddha Hold (a supported seated position). Once there, rub firmly up their back with a cupped hand to see if the combination of posture, diaphragm movement, and remaining hiccups encourages further air release.

Step 5:

Offer comfort

If your baby remains upset, it's time to comfort them through the mild discomfort that can follow hiccups – partly because the release of air allows more movement in the stomach, and partly from the convulsing, particularly if the hiccups lasted for a while. Sucking, whether on a pacifier or your clean little finger turned upside down, can be very soothing here as it helps regulate your baby's nervous system.⁶

Additionally

Now, even though your baby may release a significant amount of wind during hiccups, this does not mean that they are then completely wind-free in the stomach. What it means is that you just released a good amount of air that was sitting high in the stomach ready for release but remaining air can still

sit deeper, and this may require more work to bring up as burps. How long this takes depends on:

- how long the hiccups lasted
- how close your baby is to their last feed
- how much air remains trapped in the stomach

So, you may find that your baby doesn't release a burp again for a while after the hiccups. Patience and the gentle technique of Nature's Wind Sequence will assist you and your child well at this time.

Contraindications

Do not feed your baby while they have hiccups.

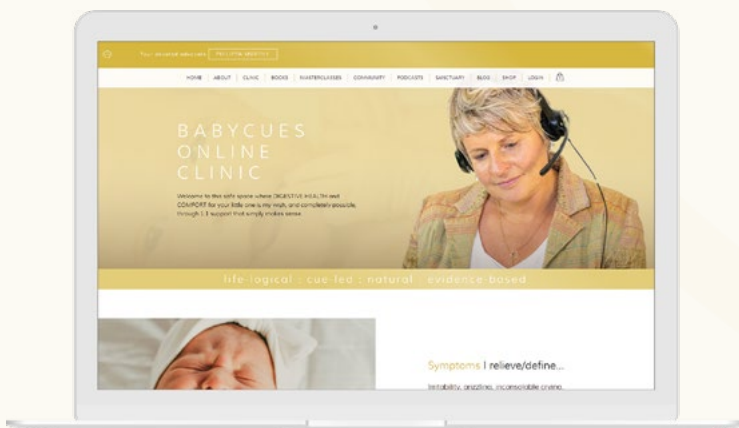
Feeding at this time increases the risk of swallowing more air while simultaneously burying the air your baby was trying to release — a common trigger for Digestive Overload and ongoing discomfort.⁷



I very much hope this helps your baby feel calmer, more settled, and better supported in their digestion. If you'd like to go deeper, you're warmly invited to join the free [mini-course on Digestive Overload](#) in the BabyCues Infant Gut & Maternal Health Community, watch the [Burping and Gas Masterclass](#), or, if you prefer reading, explore my best-selling [Prevent and Remedy](#) book.

References

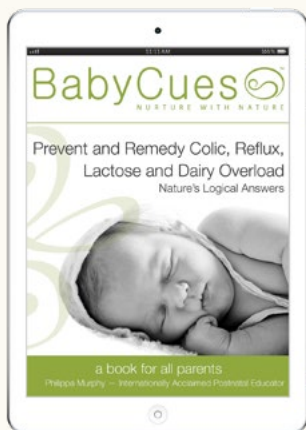
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*I'll meet you where you are at
and support you with a gentle,
evidence based approach that
offers daily digestive balance.*

book a chat →

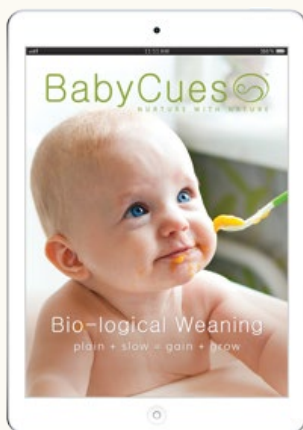
your extra resources



Prevent & Remedy Colic, Reflux, Lactose and Dairy Overload

Practical know-how to help you achieve natural digestive balance for your newborn throughout the first six months.

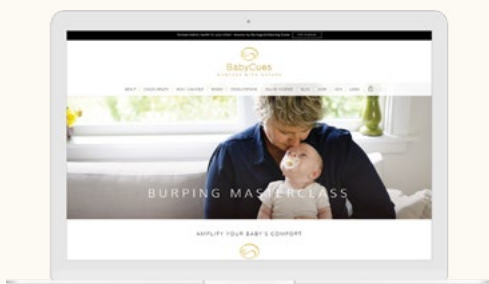
learn more →



Bio-logical Solids Weaning Guide

Holistically introduce and maintain optimal nutrition for your infant from six months to two years of age with BabyCues method of "Plain + Slow = Gain + Grow".

learn more →



Online Burping & Gas Masterclass

A step-by-step guide to burp your baby well, reduce gas, stop pain, and foster better sleep for all. You'll learn my ten-step method of burping and so much more.

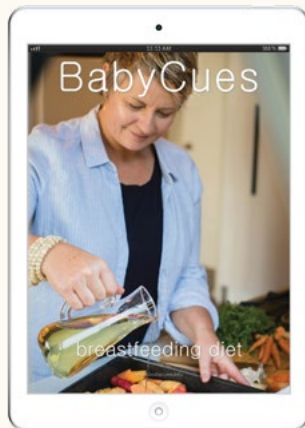
learn more →



Care After Birth

Foster a healthy recovery from birth, and empower holistic care for Mum and baby with this comprehensive guide that provides natural remedies and more.

[learn more →](#)



Breastfeeding Diet Guide

This booklet walks you through the research, while providing you lists on all the food groups and supplements that are best to eat and avoid to reduce Digestive Overload symptoms.

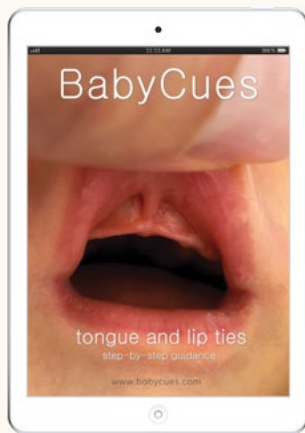
[learn more →](#)



Breastfeeding Meal Plan

Philippa's carefully crafted meal plans provide the essential nutrients that you need to stay energized and support your baby's growth, whilst making sure you limit Digestive Overload symptoms.

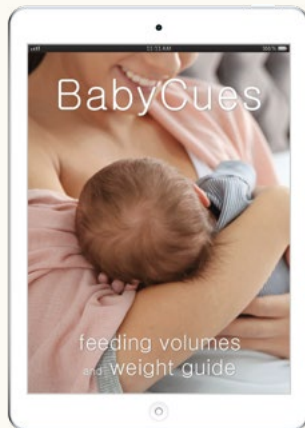
[learn more →](#)



Tongue & Lip Tie Booklet

A step-by-step guide on the symptoms, mistakes of diagnosis, professional tools, best practitioners, appropriate aftercare, along with Philippa's own experience and her top tips.

learn more →



Feeding Volumes & Weight Guide

Learn how much milk your baby requires at each age, in accordance with their physiological capacities - these are different to what is on formula cans.

learn more →



Natural Remedies for Vaccinations

Help your baby move through the side effects of their childhood vaccinations a lot easier by using these homeopathic remedies.

learn more →



FREE

Burp Baby Well Coaching



Reduce digestive discomfort, colic, reflux, silent reflux and the witching hour symptoms, by learning how to respond knowingly to your baby's innate Six-Wind-Cues and understanding some of the major causes of trapped air and gas.

In this hour presentation you will learn

1

symptoms + cycles

Define symptoms that are caused from trapped air, and learn about the common cycle of air.

2

myths + causes

Learn two HUGE myths about trapped air and the common causes that bring discomfort.

3

identify + method

Understand baby's innate Six-Wind-Cues, and learn BabyCues must know ten-step burping method.

digestive comfort here →

FREE watch as soon as you signup



a supportive community is key

Feel seen, heard and understood. Gain life-logical care, cue-led communication, and evidence-based practices to create natural healing pathways for your infant's overall wellbeing and Digestive Overload symptoms.

membership includes



exclusive monthly Q & A and live group coaching with Philippa
lives with maternal and mental health experts
related coaching resources to aid implementation
10% off BabyCues bestselling books
10% off your first 1:1 consultation
receive musical medicine and meditations
authentically connect with like-minded parents



FREE access is often available so
do check it out and [sign up to our newsletters](#) to stay informed

Luxlife Parent & Baby Award 2023
Best Infant Digestion Platform

Luxlife Parent & Baby Award 2024
Baby Digestive Health Specialist of the Year

Love this guide, here's more

BABYCUES EXPERT BLOGS

colic | reflux | breastfeeding | bottlefeeding | burping

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A portrait of a woman with grey hair and green eyes, wearing a yellow shirt. The image has a soft, warm tone. Overlaid on the image is a quote in a white, elegant script font. Below the quote is a decorative vertical line of white scrollwork. The woman's arms are crossed, and she is wearing a beaded bracelet on her right wrist.

*our children ask us to
remain as close to nature as
we can for their nature*



N U R T U R E W I T H N A T U R E

join me for more tips



babycues.com

Philippa x

