

Burping

Burping your baby helps remove air swallowed during feeding. You can wait until the end of the feeding or burp at intervals during the feeding. You'll soon be able to tell if your baby needs frequent burping. Here are three good methods:

- Hold your baby so her head rests on your shoulder and her chest is against yours. Pat her back or rub it upward with your hand.
- Lay your baby face down on your lap. Rub or pat her back.
- Hold your baby in a sitting position on your lap, with her side toward you. Support her head and back with one hand, chin and chest with the other. Then gently rock her back and forth as if helping her "take a bow."

Your baby may spit up small amounts of formula or breast milk too. No cause for alarm. It happens to all babies. You may be able to reduce the spitting up by burping your baby more often or longer during and after feedings.