

Managing Spitting Up In Your Baby



Double-check the nipple hole on the feeding bottle to ensure it lets out a few drops at a time.



Limit the length of each breastfeeding session.

Avoid overfeeding the baby, as it can cause increased spitting up.



Feed them on time to avoid feeding in a hurry.

Avoid distractions when feeding the baby.



Hold the baby in an upright position during and after feeding.

Burp them to prevent air from building up during and after feeding.



Avoid putting pressure on the baby's stomach after feeding.

Put them to sleep on their back to reduce the risk of choking and spitting up, as well as SIDS.

