



Spitting Up

Is This Normal?

Spitting up is very common during a baby's first few months of life. Many babies spit up after feeding. Most spitting up is not a real problem — it's just messy. Some babies will spit up an entire feeding without distress. Others only spit up small amounts. Most infants outgrow this phase by the time they are sitting.

Causes of Spitting Up:

- Trapped air from burping
- Overfeeding
- Too much movement during a feeding
- Laying baby flat after a feeding

Things You Can Do:

- Burp baby often during a feeding.
- Never force an infant to eat more than he wants.
- Avoid too much motion or play during a feeding.
- Hold or put infant in a semi-upright position for at least 15 minutes after a feeding.

Vomiting

Vomiting, unlike spitting up, occurs when an infant forcefully expels the contents of his stomach. Frequent vomiting can be a sign of a more serious illness. If this happens, take your baby to your doctor as soon as you can.

Call Your Doctor Right Away If:

- Infant vomits large amounts often and throughout the day.
- Infant has fever or other illness.
- Infant is not gaining enough weight.
- Vomit has blood or mucus in it.

Managing Colic

Nobody knows exactly what causes colic, but there are some common symptoms associated with it. The most common symptom of colic is frequent, repeated episodes of excessive crying. These episodes of crying may last for long periods of time and typically occur at about the same time each day — late afternoon or early evening. However, they can occur at any time during the day. Other symptoms of colic may include fussiness, sleeping troubles or severe gas pains. If your baby is experiencing colic symptoms or feeding problems, you should talk with your baby's doctor.

Tips for managing colic symptoms:

Keep moving. Hold your baby close to you and take a walk or push him in his stroller. Another technique is to put your baby in his car seat and take a ride. The motion and hum of the engine may work.

Rock Around the Clock. Sometimes applying gentle pressure on a baby's stomach can help. Try holding your baby, stomach side down, across your lap or arm, then rock slowly and gently.

Bundle Up. Sometimes the movement of your baby's own arms and legs can upset him. Try swaddling your baby securely in a light blanket, holding him close and rocking gently. Bundling often resembles what it was like for your baby inside the womb and comforts your baby.

Make some white noise. Try putting on a "white noise" CD to create a steady background sound that could soothe your baby. Other suggestions may be running the vacuum cleaner or dishwasher.

Feeding time. Until you establish a regular feeding schedule, your baby may be hungry when you do not expect it. Nurse or offer a bottle. If it is clear that your baby is not really hungry, try giving a pacifier instead. Sometimes the simple motion of sucking can be enough to calm a baby.



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