

# Breathing Problems with Feedings

---

## What if my baby stops breathing during a feeding?

It is common for a premature baby to have some difficulty breathing while eating. The baby is so busy sucking that he/she may forget to take a breath or to swallow. You might notice your baby becoming a little pale or “bluish” around the mouth, and that he/she has stopped sucking. If this happens:

- ***Stop the Feeding!***
- Sit your baby up on your lap. Patting him/her on the back should be enough to remind them to take a breath. You may have to take “breaks” during the feedings, allowing time to burp more often.
- If your baby sometimes has this problem, it is a good idea to always feed with a light on.
- Call your baby’s doctor about any change or problem your baby may have.



Adapted from the University of Wisconsin Perinatal Program.

*This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.*