

Burping the Baby

Breastfed babies often swallow less air than babies fed with a bottle. Sometimes just bringing your baby to an upright position after breastfeeding or getting up and walking with your baby on your shoulder will make your baby burp.

Place your baby up against your chest with his head over your shoulder. Gently rub or pat his back.



How to Burp Your Baby

Lay your baby on his stomach across your lap. Make sure his head and neck are supported and turn his face to the side. Pat or rub his back gently from his bottom toward his neck.



Remember these things:

- You can burp your baby when you switch from one breast to the other.
- Keep a towel, cloth diaper or baby blanket close by.
- Don't thump your baby hard on the back. This may cause him to spit up the whole feeding.
- Let family members help with the feeding by burping the baby.

Sit your baby on your lap. Support his head and neck in front by cupping his chin in your hand and resting your palm against his chest. Rub or pat his back with your other hand.



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