



## Tips on How to Burp Your Baby

Babies often swallow small amounts of air when they eat. If the air gets trapped in their tummy, they are more likely to be fussy and spit up. Burping is one way to get the air out.

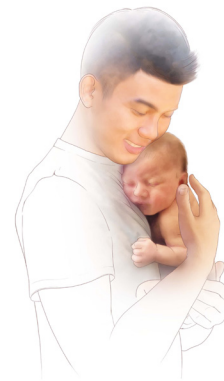
Breastfed babies tend to swallow less air than bottle-fed babies. However, if your baby is fussy or restless during or after feedings, burping your baby after breastfeeding on each breast may help.

Once a feeding is done, your baby can be handed off to a member of your support team—dad, grandma, boyfriend, girlfriend, or best friend—for burping. This will give others a chance to bond with your baby and will give you a chance to rest.

If your baby is bottle-fed, knowledge of paced bottle-feeding may limit the amount of air your baby swallows and lessen the need for burping. Paced bottle-feeding—adjusting the angle of the bottle in order to reduce the flow of breast milk or formula—encourages a baby to pause after a series of sucks, much like a breastfed baby does.

Encourage members of your support team to try different burping positions in an effort to find the position or positions that work best:

- **Upright:** Hold the baby upright against your chest. Position the baby's chin against your chest and gently massage her back. Gentle swaying or rocking may help the baby relax.
- **Across lap:** Place the baby on his belly across your lap. Support the baby's head with one hand while you gently massage his back with the other.
- **Sitting:** Hold the baby in a sitting position. Support her head by placing your thumb and fingers beneath her chin. Gently massage her back with your hand.



Hold the baby upright against your chest

Place the baby on his belly across your lap



Hold the baby in a sitting position

Regardless of which burping position you choose,  
be sure to keep a clean cloth handy. Some burps are  
“wetter” than others!

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a clean cloth  
handy



For more information, visit [babygooroo.com](https://www.babygooroo.com)