

How to Burp Your Baby

During feedings, newborn babies swallow milk and air. Air in the stomach can make your baby feel full and uncomfortable. This may cause your baby to stop feeding too soon. Burping will release excess air to keep your baby comfortable.

If you are breastfeeding, burp your baby after the first breast. If you are bottle feeding, burp the baby after every ½ ounce at first or every ounce if your baby spits up.

To burp your baby well, you will need to:

- Position your baby so there is some pressure on the stomach
- Pat, gently rub or apply gentle pressure on the back with your hand

Ways to burp your baby

- **Over the Shoulder**

Hold your baby firmly against your shoulder and rub or pat your baby's back with your hand. Provide support for your baby's bottom and lower back with the other arm.



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Learn more about your health care.

- **Face Down on Your Lap**

Place your baby face down on your lap with the head resting on one leg and the stomach area over the other leg. Support your baby with one hand while patting, rubbing or applying gentle pressure on the back with the other hand.



- **Sitting Up**

Sit your baby in your lap with his/her body leaning forward. Support the chest and head with one hand while patting your baby's back with your other hand. If there is no burp after 2 to 3 minutes, lean your baby back slightly with the chest as upright as possible. Then pat, rub or gently put pressure on the back. If getting a burp takes longer than 5 minutes, continue to feed or stop as your baby's desires.



Try each position because babies burp better in one position rather than another. Drape a burp cloth over your clothing when burping. Spitting up a small amount is common after a feeding. As your baby gets older, they have less of a need to burp at feedings.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**