



A GUIDE TO BURPING BABY



A GUIDE TO BURPING BABY

Knowing when and how to burp your baby can help alleviate discomfort from gas and ensure a more comfortable feeding experience. Here are some guidelines for burping your baby:



WHEN TO BURP BABY

For breastfed babies, burp them after they finish feeding from one breast and before switching to the other. Burping them again after they complete their feed is also recommended.

For bottle-fed babies, consider burping them when they have consumed about half of the bottle and again after they finish the entire feeding.

For more info, reach out to www.thefirstparents.com

the
first
parentsTM

BURPING POSITIONS

OVER THE SHOULDER



- Hold the baby against your chest with their chin resting on your shoulder.
- Use one hand to support their bottom and back, while gently patting or rubbing their back with the other hand.
- Make sure the baby's head is elevated and turned slightly to the side to allow for easy breathing.
- This position is cozy for the baby, so if you want them to stay awake for feeding, you may try a different position.

For more info, reach out to www.thefirstparents.com



BURPING POSITIONS

SITTING UP



- Place the baby on your lap in a slightly inclined position, facing sideways.
- Support the baby's chin using the webbing between your thumb and forefinger, without squeezing their neck.
- Use your other hand to pat or rub their back gently.
- Burping the baby in a sitting position allows you to observe them and can help wake them up if they are asleep, ensuring they finish their meal.

Remember to be gentle and supportive while burping your baby, and adjust the position as needed for their comfort. Burping helps release trapped air and reduces the chances of discomfort from gas during and after feeding.

For more info, reach out to www.thefirstparents.com

