

# Spitting Up

## ✿ The “Happy Spitter”

Spitting-up is common in babies, in fact, half of all infants spit up. Spitting up is normal and does get better over time. Babies who spit up can be happy and healthy. If your baby is otherwise healthy, there is no need to worry.



## What helps prevent spitting up?

- Do not overfeed. If your baby spits up during a feeding, stop and wait until the next feeding.
- Offer smaller, more frequent feedings.
- Take time to burp half way through the feeding.
- Make feedings calm and relaxed.
- Positioning after meals:
  - Avoid laying him down to change his diaper right after feeding.
  - Keep your baby upright for 30 minutes.
  - Try holding your baby on his left side or on his tummy at a slight angle with his head and shoulders up higher than his legs.
  - Avoid putting your baby in a car seat position or bouncy, vibrating baby chair.
- Make sure clothing and diapers are not too tight.
- Avoid smoking around your baby.



**\* How much should my baby drink?**

| <b>Breastfed Infants:</b>   |                                          |
|-----------------------------|------------------------------------------|
| Birth – 2 months            | 8 - 12 or more feedings in 24 hours      |
| 2 months – 6 months         | 6 - 10 or more feedings in 24 hours      |
| <b>Formula-Fed Infants:</b> |                                          |
| 7 – 8 lbs                   | 16 - 23 oz (2 - 4 oz every 2 to 3 hours) |
| 8 – 10 lbs                  | 21 - 26 oz (3 - 5 oz every 3 to 4 hours) |
| 10 – 12 lbs                 | 24 - 28 oz (4 - 6 oz every 3 to 4 hours) |
| 12 – 16 lbs                 | 29 - 39 oz (5 - 8 oz every 3 to 4 hours) |



**Take your baby to the doctor if he is:**

- Not gaining weight.
- Vomiting forcefully or vomiting blood or green or yellow fluid.
- Crying and irritable when spitting up.
- Arching backwards when feeding.
- Refusing food or having trouble eating.
- Having trouble breathing.
- Coughing or wheezing during or after feeding.

A healthy baby will drink about ½ oz of formula per pound of body weight at each feeding until he is eating solid foods. Your baby is getting enough to eat if he is gaining weight and growing.

For more information on spitting up, visit the American Academy of Pediatrics <http://www.aap.org/topics.html> or the National Digestive Diseases Information Clearinghouse <http://digestive.niddk.nih.gov/ddiseases/a-z.asp>

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