

Ask the Expert
Arizona Republic

Q: How can I tell if my baby is spitting up or vomiting? Is it normal for her to do this?

A: Nearly half of all newborn babies spit up after a feeding, regardless of if they are breast or bottle fed. Most of the time, a baby will spit up within an hour of being fed because he or she had too much to eat.

When babies spit up, they don't seem to be bothered by it or act as though they notice. However, when a baby vomits, he or she will seem very distraught and unhappy. The vomit will come out very forcefully and in a large amount. On occasion, this will also be accompanied with diarrhea. If you believe your baby is vomiting, call your pediatrician.

There are some ways you can help prevent the amount and frequency with which your baby is spitting up. The American Academy of Pediatrics provides the following tips:

- Provide a calm environment when feeding your baby
- Burp your baby frequently (every three to five minutes) when you feed a bottle
- Keep your baby's head elevated during feeding
- Do not lay your baby down after feeding him or her and keep your baby upright for a half-hour after eating
- Do not move your baby around abruptly or too playfully after eating
- Feed your baby before he or she is frantically hungry because babies can spit-up if they eat too fast
- Make sure the hole in the bottle's nipple is not too large causing too much to come out too fast or too small, which can cause babies to suck in air
- Elevate your baby's crib so his or her head is higher than his or her stomach

If you have any concerns about your baby's health, schedule an appointment with your pediatrician. If you don't have one, please call ResourceLink toll-free at 1.877.7285414 for a free doctor referral.



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