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BE GOOD TO YOUR BABY

Most babies will need to be burped at the end of a feeding. Some may need to be burped during the middle of the feeding as well. Babies may be burped by patting or rubbing them gently on the back while:

- a. Holding them over your shoulder.
- b. Having them laying face down, across your lap, or
- c. Holding them in a sitting position on your lap.

Babies often burp up some of their feeding. This is normal. If you feel he is throwing up too much of his feeding, you should check with your physician.

Make feeding a relaxed time from both of you, and also a time to make your child feel very secure and loved. Sooner than you expect, the baby will associate meal time with a time of closeness with you.

Be careful not to overfeed your baby. He is not necessarily hungry every time he cries. Overfeeding should not be substituted for the love and attention the baby needs. Recent studies have shown that fat babies are not healthy babies.

Attention to these details now will make for a happy baby and ultimately long-term health benefits.

