

How to Burp a Baby

Burping is an important part of feeding a baby. Babies tend to swallow air as they eat. The air then becomes trapped in their belly, causing painful gas. Burping can help a baby feel better.

Try burping your baby now. Step 1: Sit upright and hold your baby close to your chest. Step 2: Place your baby's head on your shoulder. Step 3: With one hand, gently pat your baby's back. Slightly cup your palm while doing so.

If that method doesn't work, you can also try burping your baby by holding them upright on your lap or knee. Or by lying your baby across your lap on their belly. Make sure to support their head at all times.

Let's try that again. Sit upright and hold your baby close to your chest. Place your baby's head on your shoulder. With one hand, gently pat your baby's back. Slightly cup your palm while doing so. If that method doesn't work, try burping your baby by holding them upright on your lap or knee. Or by lying your baby across your lap on their belly. Make sure to support their head at all times.

If your baby seems fussy during feedings, stop and burp your baby, then begin feeding again. Always burp your baby when feeding time is over. Burping is a key part of your baby's feeding routine. Burp your baby regularly to keep them happy and comfortable.