

* What is regurgitation?

Because of immature sphincter function of esophageal-gastric junction, babies aged 1-3 months may spit up the milk during or after feeding, especially after feeding too fast or too much.

Nursing care to avoid regurgitation

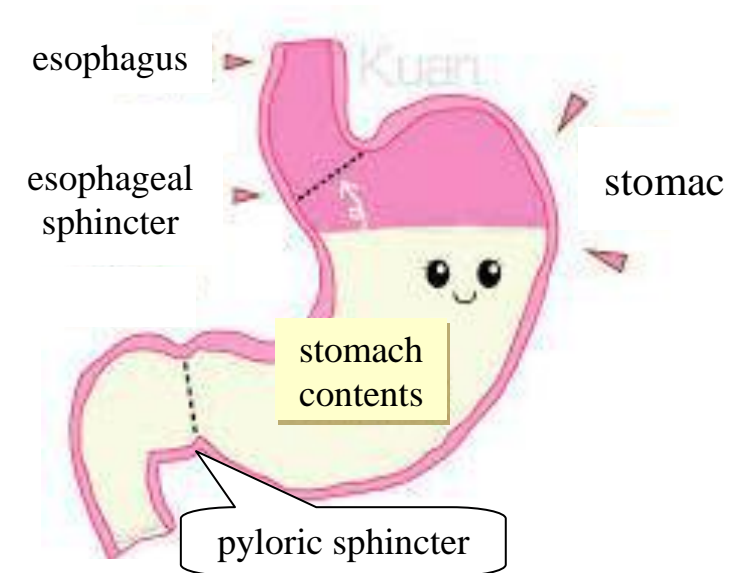
- Avoid feeding after infant exercise or violent crying.
- Burp your baby during and after feeding.
- Gently and slowly move the baby.
- If regurgitation is too frequent, please do not feed the baby too fast, better feed with small amount or more frequent feeds.
- Give breast milk to have better absorption.
- Occasional regurgitation is not harmful, if the baby is gaining weight.

* What is vomiting?

The gastric content, including milk and fluid, is forcibly moved out from the mouth, usually in a projectile way.

Nursing care of vomiting

- Upon vomiting, the baby's head should rotate to one side, hold the baby with slightly head down in order to smoothly drain out the milk from the mouth.
- After cleaning the spit-up, make the baby rest on his(her) right side, and do not feed right away.
- Consult your pediatrician: If the baby is vomiting after every feeding, frequency of vomiting increases, the vomitus is greenish, baby is not gaining weight, poor activity, feeding amount significantly decrease or sucking power decrease.



(Picture taken from the Internet)

Nursing care of regurgitation and vomiting in newborn babies

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