

# Winding

1



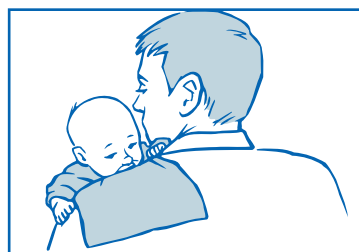
There are two main positions for winding your baby. The first is over your shoulder, one hand under your baby's bottom, the other ready to support your baby's head.

2



The second is with your baby sitting on your lap, one hand supporting their back, the other under their chin to support their head.

3



Your baby might bring up some milk when you wind them, so make sure you have a cloth handy to protect your clothes and mop up any mess.

4



Once you have positioned your baby, rub their back quite firmly until they burp. Take your time. It might take a while.

5



Once your baby has burped, they may want more milk now they have more room in their tummy.