

Bringing up milk

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Young babies often bring up a little milk after feeds. This is known as 'possetting'. As long as your baby is content and putting on weight this is nothing to worry about.

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It's important to wind your baby during and after feeds.

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To wind your baby, support your baby in an upright position, either over your shoulder or on your lap, and gently rub their back until they bring up any wind.

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Don't lie your baby down straight after a feed. Prop them up somewhere safe with a cushion or hold them in an upright position for about 20 minutes to help the milk go down.

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If you are bottle-feeding, check you are using the right size teat for your baby's age and stage. If you are using a 'fast flow' teat the milk could be coming out too quickly.

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Don't force your baby to take more milk than they want, they will let you know when they have had enough.

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Speak to your GP or health visitor if your baby brings up milk after every feed or if they appear to be in pain or vomiting quite forcefully.



IMPORTANT NOTICE: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.