

# Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



## Feeding Problems: What To Do

A change in diet and/or illness can upset your baby's normal digestive system. Watch for any unusual responses that your baby has to breast milk, formula, or solid foods and report them to your doctor. **Always follow your doctor's recommendations.**

## Common Feeding Problems

- **Spitting-up** — pushes liquid out of the mouth with the tongue.
- **Regurgitation** — return of liquids from stomach to mouth; liquid will be curdled.
- **Vomiting** — emptying of stomach contents.
- **Diarrhea** — frequent passage of watery stools.
- **Colic** — symptoms include crying, stiffening and extending legs upward; distended abdomen; excessive burping, spitting-up, and rectal gas; usually occurs during first 12 weeks.
- **Food Allergy** — reaction to certain foods; usually multiple symptoms.

## Managing Feeding Problems

- **Spitting-up** — Usually disappears by 2 to 3 months.
- **Regurgitation** — Use an infant seat during feeding and burp frequently during and after feeding. If it continues, see your doctor.
- **Vomiting** — Consult your doctor as soon as possible. Offer small amounts of boiled, cool water.
- **Diarrhea** — Consult your doctor as soon as possible. A special rehydration solution such as Pedialyte® may be recommended. Continue to breastfeed or offer diluted formula.
- **Constipation** — May be caused by a change in diet. Give 2 tablespoons of prune juice diluted with water or apple juice or strained prunes daily. If it continues, consult your doctor.
- **Colic** — The cause of colic varies. If no cause is determined by your doctor, a baby may outgrow this by 3 months of age.

**Suggested Readings:**

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Satter, E. (1991). *Child of mine, feeding with love and good sense*. Palo Alto, CA: Bull Publishing Co.

**Reference List:**

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Leung, A.K. and Robinson, W.L. (1989). Acute diarrhea in children. What to do and not to do. *Postgraduate Medicine*, 86, 161-174.

Perkins, J.E. (1990). *Food allergies and adverse reactions*. Gaithersburg, MD: Aspen Publishers, Inc.



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