

# Preventing The Complications Of OVERFEEDING

## Alternative ways to calm a baby

Don't use a bottle as a pacifier as it could lead to overfeeding. Try these instead:



Sing to them

Swaddle them with a soft blanket



Rock the baby

Stroke their back or tummy



Take them out on a walk or for a stroller ride



Play some music



## Managing the complications

Here are some tips for dealing with complications of overfeeding:



Reduce the frequency of feeding after a doctor's recommendation

Opt for breastfeeding, if possible



Understand the baby's full stomach cues

Encourage age-appropriate exercises



Hold the baby upright for 30 minutes after each feeding

Burp the baby after each meal to reduce the reflux



Try to change the feeding position if they vomit or experience GERD



Report any concerning signs to a doctor



## References

1. Vomiting In Babies; Pregnancy birth & baby.
2. Reflux In Infants; MedlinePlus.