

THE 'AFTER SPIT-UP' CARE GUIDE



Wipe off the spit immediately so that they do not choke on it.

Do not lay your baby down on their back after they spit up.



Rub their back gently to prevent choking.



Check the inside of their mouth for any residual food particles.



Do not resume feeding right after they have spit up.



Offer water if your baby is older than six months.

