When your baby arches at feeds

Try these steps at the next feed and watch for the signs that need a call.

- [ ] Pause the feed and hold the baby upright against your chest.
- [ ] Burp the baby, then resume when settled.
- [ ] Offer smaller, more frequent feeds.
- [ ] Feed slowly in a calm, quiet place.
- [ ] Keep the baby upright for 15 to 30 minutes after feeding.
- [ ] Check the nipple flow for gulping or coughing.
- [ ] Keep a log of feeds, arching and wet diapers.
- [ ] Call the pediatrician when weight gain slows.
- [ ] Seek urgent care for green vomit or breathing trouble.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/baby-arching-back-while-feeding/