Newborn hiccups: what to do checklist

Use these steps from the article to handle newborn hiccups calmly and safely.

- [ ] Pause the feed when hiccups start during feeding.
- [ ] Hold the baby more upright and change position.
- [ ] Burp a bottle-fed baby after every 2 to 3 ounces (60 to 90 ml).
- [ ] Burp a breastfed baby at each switch between breasts.
- [ ] Offer a pacifier to help relax the diaphragm.
- [ ] Wait 5 to 10 minutes, then try a short feed if hiccups continue.
- [ ] Keep the baby upright for 10 to 15 minutes after a feed.
- [ ] Place the baby flat on the back for sleep, even during hiccups.
- [ ] Avoid honey, water, sugar and startling as hiccup remedies.
- [ ] Call the pediatrician if hiccups come with vomiting, poor feeding or poor weight gain.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/newborn-hiccups/