

# Being sick

It's common for babies to be sick in the early weeks as they get used to feeding and their bodies develop.

You can tell when your baby is vomiting, rather than just bringing up small amounts of milk, because there will be a lot more coming out. It can be frightening for your baby, so they are likely to cry.

Lots of things can cause your baby to be sick. Being sick often, or lots of it, may be due to 'gastric reflux', where acid from the tummy can come up again. Babies can be grumpy and it can sometimes lead to poor feeding.

If your baby is feeding well but doesn't seem themselves, you may just need to change the baby's position during a feed to make them more upright. Feeding smaller amounts and more often may also help.

Download [A Guide for Parents and Carers of children from 0-5 years – Common childhood illnesses](#) for more useful information.

## Stop

I have a new baby.  
I have just given  
my baby a feed.

## Think

They always seem to bring up small amounts of milk. This is known as 'possetting'. As they develop it will stop naturally.

## Do

Talk to your  
health visitor.

### Health visitor's advice

'Possetting' is when a baby brings up small amounts of milk. This is very common in the first few weeks and may be nothing to worry about. Ask for advice if you are worried.

### Health visitor's advice

After the first few months, if your baby is suddenly sick it is more likely to be caused by a stomach virus rather than possetting. Gastroenteritis is a tummy bug (see upset tummy page 34), which can come with diarrhoea (runny poo).

Contact your health visitor or **NHS 111** where you can speak to a trained nurse.

This information cannot replace specialist treatment. If you are still worried, contact your health visitor or NHS 111.

