

Infant Feeding Red Flags

Sometimes feeding gets a little off course during development, and things don't go as planned.

Here are a few "Red Flags" for feeding problems in infants:

- Doesn't latch well and/or consistently to the breast or bottle
- Has a lot of milk coming out of their mouth during feedings (they may soak through a burp cloth or bib with each feeding)
- Coughing or choking with breast or bottle feedings
- Frequent & large spit ups, projectile vomiting, or spit up comes out of the nose regularly
- Reported to be "Hard-to-Fed" by more than one adult
- Refuses the bottle
- Takes more than 30 minutes to feed
- Falls asleep during the beginning part of the feeding
- Arching, crying and/or hard to hold (during feedings and especially after)
- Shows a worried or uncomfortable expression much of the time
- Baby nurses all the times, yet is showing very little or no gain
- Grazing throughout the day (eating every 1 to 1 and a half hours > 1 month of age)
- Infrequent stooling/dirty diapers
- Gagging or fussing with puree feedings
- Does not accept purees by 10 months of age
- Does not accept any type of cup by 10 months

If your child is experiencing any of these symptoms when feeding, he/she may benefit from an infant feeding evaluation.



The following information was created based on the work of: STAR Institute. *Infant feeding development & red flags*. <https://www.spdstar.org/sites/default/files/file-attachments/Infant%20Feeding%20Red%20Flags.pdf>