

Problemas de Respiración durante las Comidas

¿Qué pasa si mi bebé deja de respirar mientras está comiendo?

Es común que un bebé prematuro tenga algo de dificultad respirando al comer. El bebé está tan ocupado mamando que puede que se le olvide respirar o tragar. Puede que note palidez o un color “azulado” alrededor de la boca de su bebé y que el bebé haya dejado de mamar. Si esto pasa:

- ¡Deje de amamantarlo!
- Levante y siente al bebé en sus piernas. Golpearlo(a) suavemente en la espalda debe ser suficiente para recordarle que inhale. Puede que tenga que tomar “descansos” durante las comidas, permitiéndole eructar con más frecuencia.
- Si a veces el bebé tiene este problema, es buena idea siempre darle de mamar con la luz encendida.
- Llame al médico de su bebé con cualquier cambio o problema que tenga su bebé.



Adaptado del University of Wisconsin Perinatal Program – programa perinatal

This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.

Breathing Problems with Feedings

What if my baby stops breathing during a feeding?

It is common for a premature baby to have some difficulty breathing while eating. The baby is so busy sucking that he/she may forget to take a breath or to swallow. You might notice your baby becoming a little pale or “bluish” around the mouth, and that he/she has stopped sucking. If this happens:

- ***Stop the Feeding!***
- Sit your baby up on your lap. Patting him/her on the back should be enough to remind them to take a breath. You may have to take “breaks” during the feedings, allowing time to burp more often.
- If your baby sometimes has this problem, it is a good idea to always feed with a light on.
- Call your baby’s doctor about any change or problem your baby may have.



Adapted from the University of Wisconsin Perinatal Program.

This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.