

## Champion Burper

**Activity:** Show your baby the hidden talent that you have. Every time your baby finishes eating, be the official burper of the house and burp the baby.

Because you are the only trained professional burper in the house, don't let anybody else in the family burp your child.

Be a good role model for your baby and show him or her how to burp. Not only does it feel good for your baby, but also you're teaching your baby how the "pros" do it.



There are three positions to burp your baby: on your shoulder with baby's head turned sideways, sitting on your lap with support, and laying on his or her tummy across your lap. Gently rub or pat your baby's back to release air.

**What your baby is doing:** Babies swallow air as they eat whether they are breast-fed or bottle-fed. Too much air/gas can cause babies to be uncomfortable and cry. You can help your baby feel better by burping him or her to release the air.

**IN-KIND:** In-kind donations are services and/or contributions to be used for non-federal match for Head Start and Early Head Start programs. The services and/or contributions are not to be used by any other federal program.

Date	Description of Activity	Amount of Time	Value or per Hour Rate	Your Relationship to Child

Participant Name (Please Print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Name (Please Print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_