

# Spitting-Up versus Vomiting

## What is the Difference?

### Baby's Stomach Size

**Day One** –  
Size of a cherry



**Week One** –  
Size of an Apricot



**Month One** –  
Size of a large Egg



### Spitting-Up

Flow of milk from stomach to the mouth

Common and a normal process

Not painful

The result of the digestive system developing

Can continue for up to 1 year

Common causes:

- Burps (wet burp)
- Overfeeding
- Swallowing too much air



If Spitting-Up becomes more forceful / more volume – this is called

### Vomit

**Please Note:**  
If Spitting-Up more than 2 tablespoons or if it is associated with respiratory symptoms, choking, coughing or wheezing – please seek professional advice

**Please Note:**  
Spitting-up is not painful to babies. They don't realise they have done it. As long as your baby is healthy and gaining weight it is a simple part of the developmental process

### Vomiting



Increase in volume or force

Causes choking episodes or coughing

Discomfort

Poor Weight Gain

Weight Loss

Fever, Diarrhoea

Bloody Mucus

Bloated abdomen

Green or yellow colour vomit

Projectile Vomiting

