

# Burp Cloths

## 101

The world of baby accessories is dizzyingly large. Here's a cheat sheet for the basics on burp cloths.



**Not burping after a feeding or incorrect positioning after a feeding may increase the chances of colic or cause colic.**

- About **20-25%** of babies meet the definition of “colic” (based on Wessell’s Criteria).
- Colic usually reaches its peak at 6-8 weeks after birth.
- Colic ends for **50%** of cases around 3 months and in **90%** of cases by 9 months of age.
- A colicky baby is not an unhealthy baby.
- Babies with colic often need to be held and comforted more (which will not result in a spoiled child, despite common concerns).

Source: <http://americanpregnancy.org/first-year-of-life/colic/>

## Why Burp Cloths?

Burping babies helps get air out of their stomach, which in turn means more food stays where it’s supposed to. However, until their esophagus is fully finished forming, there’s a chance your little one will experience reflux and spit some food back up. Babies also tend to drool a lot, especially when they’re teething, and a burp cloth can help clean that up.

## Homemade Burp Cloths

You can make your own burp cloths at home, if you have the time and sewing ability. Flannel, cotton, terrycloth, and other soft, absorbent fabrics are perfect for this. Some home sewers sell their burp cloths online.

## Store-Bought Burp Cloths

You can also buy burp cloths at any baby supply store, or big box stores like Walmart or Target. Some of these can be very thin, or not large enough to fit over your shoulder, so be careful. On the other hand, they’ll be more likely to match your little one’s other accessories.

## Alternative Burp Cloths

Some parents find that regular towels or washcloths do the trick just fine for their baby’s messes. You can even get cloth diapers to use as burp cloths – they won’t be as pretty, but they’re designed to absorb big messes!

### Did you know?

Most babies burp readily on their own after 2 months of age.

## After the Burping Stage

When baby outgrows spitting up, you don’t have to throw your burp cloths out. Use them as rags, place mats, pet food bowl mats, changing pads, or just put them in storage for your next baby, if you’re planning to grow your family.