

WHAT YOU CAN DO TO HELP

It is advised that you seek the advice of a healthcare professional first and foremost.

Here are some ideas that may help comfort your baby:

1. Sit your baby upright while feeding and keep them upright for at least 30 minutes after the feed.
2. Change baby's nappy before a feed to avoid changing at the end when the tummy is full.
3. Have your baby resting in an upright sling as much as possible.
4. Sleep them in a semi-upright position.

BURPING BABY

If your baby is relaxed they will expel wind more easily than if they are tired. Physical tiredness and stress will tense the tummy rather than relax it, making it difficult to expel air.

When burping, keep your baby's back straight rather than curved. If your baby has not burped but is ready for sleep, put them to bed anyway, even if it means getting them up to burp when they cry in 30 minutes time. They will have relaxed during this time making it easier to burp.

BE informed

To help you make the right decisions for you and your child, ensure you are informed from sources such as www.nestlebaby.com.au

STILL UNSURE?

Being a parent is no easy task in the age of information. If you feel like you still have questions or are unsure about reflux, discuss this with your healthcare professional.

IMPORTANT NOTICE

Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and weekly cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

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www.nestlebaby.com.au



Reflux

ADDRESSING
THE STRESS
& THE MESS



FIRST 1000 DAYS
BY YOUR SIDE EVERY
STEP OF THE WAY



PRE-CONCEPTION PREGNANCY 0-3 MONTHS 3-12 MONTHS 12-36 MONTHS

WHAT IS Reflux?

Reflux can make you and baby miserable, or extremely happy when it finally stops. Reflux or regurgitation occurs when the stomach contents flow back up into the oesophagus. This may or may not include vomiting and is harmless in many cases.

Some possible causes include:

- 1 Too much milk and reflux is simply your baby clearing the excess
- 2 The digestive system is immature and the valve at the entrance to the stomach is not yet working properly
- 3 Milk may have hit the stomach too quickly when it was empty
- 4 Milk allergy or intolerance
- 5 Tummy bug
- 6 Bowel obstruction – though this is uncommon

GASTRO OESOPHAGEAL REFLUX DISEASE (GORD)

Reflux and regurgitation in your baby is often normal and very common but severe reflux symptoms and complications are called GORD.

This can interfere with the enjoyment of life for everyone. There are usually two possible causes for your baby's reflux pain.



- 1 An excessive amount of acid may rise from the stomach into the oesophagus creating a severe burning pain
- 2 The oesophageal lining thickens and becomes inflamed from an allergic response to foods such as:



egg



corn



cow's milk



wheat



soy

LOOK OUT FOR THESE SYMPTOMS

- If your baby suffers oesophageal pain, they will be very unsettled and crying in pain not just discomfort.
- They may cry when they lie on their back for a sleep or nappy change.
- You may also find they often only sleep for short periods, which can then develop into a cat napping habit when older.
- You may also find your baby might hiccough and constantly swallow, even when they are not feeding.
- They may or may not vomit.

Your baby may also be reluctant to smile and often have a worried look on their face.

