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stomach contents are brought back up into the oesophagus or spilling of milk feeds resulting in discomfort and pain that can contribute to crying or sleep problems with your baby.

Reflux occurs in young babies because the ring of muscle or valve at the top of baby's stomach which helps stop the regurgitation of stomach contents is not yet fully developed. While reflux may be a matter of concern to parents, generally this type of uncomplicated reflux becomes a less frequent problem at six to nine months and when managed with thickened feeds.

However, some babies may experience more severe reflux problems and will need expert care from a doctor. If your baby is not putting on weight and continues to experience problems, please consult your baby health professional.

## Steps to Reduce Reflux Problems

### 1. Continue to breast-feed

Breast-feeding is best for a reflux baby. If not breast-feeding, then a suitable infant formula should be given.

### 2. Thicken milk feeds

Thickened feeds help to reduce regurgitation with reflux. If thickening of breast milk is required then Karicare Food Thickener can be given as a gel or paste before, after, or during a breast-feed.

### 3. Change nappy before feeding

Try changing your baby's nappy before feeds and avoid doing up nappies too tightly. Lifting your baby's legs above the stomach can encourage reflux especially after a milk feed.

### 4. Avoid over feeding

Over feeding is best avoided, smaller and more frequent feeds can help lessen the amount of milk in the stomach at any one time. This may help to reduce reflux due to a full stomach.

### 5. Burp baby

To burp, hold your baby upright with the head resting on your shoulder and legs extended. Avoid keeping your baby in the sitting position as this can increase pressure on the stomach and encourage reflux.

### 6. Keep baby upright

Baby pouches, carries and slings are a useful hands free way of keeping baby upright.

### 7. Laying your baby down

All healthy babies should be positioned to sleep on their backs. However your doctor may suggest to lie your baby on their left side, as this position has been shown to help with more severe reflux problems. Discuss with your health professional.

## Seek Support

A reflux baby can put great strain on the family. Those who understand can provide the best support. Groups such as CAFHS provide such support.

Breast milk is best for babies. Professional advice should be followed before using an infant formula. Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

For further information contact the Nutricia Advisory Service: **Australia: 1800 060 057 New Zealand: 0800 6887 4242**