

## Babies with Acid Reflux



Reflux is when the top of the stomach opens and lets food out. All babies do this a little bit, but babies with reflux do this a lot. This hurts and can cause your baby to cry a lot or vomit.

**You can help your child's doctor by watching for these clues to reflux:**

- pain, constant or sudden crying
- lots of spitting-up or vomiting
- vomiting or spitting-up more than one hour after eating
- picky eating or eating only a few bites when hungry
- bad breath
- "wet burp" or "wet hiccup" sounds
- if your baby does not sleep well or wakes up often
- runny nose all the time
- if your baby does not tolerate certain foods
- poor weight gain or if your baby loses weight
- if your baby can't swallow well or gags a lot
- choking, coughing, or loud breathing. If your baby stops breathing, call 911.

*Produced by the Pediatric/Adolescent Gastroesophageal Reflux Association-P.A.G.E.R.*

*P.O. Box 486. Buckeystown, MD 21717*

*(301) 601-9541 [www.reflux.org](http://www.reflux.org) [gergroup@aol.com](mailto:gergroup@aol.com)*

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### **Tips for caring for an infant with reflux:**

- keep your baby upright when feeding
- feed your baby frequent small meals
- don't overfeed your baby
- burp your baby well
- keep your baby upright after meals
- don't bounce your baby; sway gently
- give your baby a sip of water if he or she spits-up
- tight diapers or waistbands can make reflux worse
- NEVER let anyone smoke around your baby.

Talk to your doctor about sleeping positions that will work best for your baby.

Most babies with mild reflux get better by age one, but they can be very hard to care for. It's frustrating when your baby won't eat, cries all the time, and throws up a lot, but this does not mean you have a "bad" baby. Your baby will probably have good days and bad days. Try not to get mad at your baby and NEVER shake your baby. Make sure everyone who takes care of your baby knows that your baby needs extra attention and care.

#### **Treatment:**

Using the tips listed will help, but some babies will also need medicine. It may take several tries to find the one that works best. The dosage will change as your baby gains weight, so keep in close contact with your doctor. Talk to your doctor before giving any medicine to your baby.

#### **For breast-feeding moms:**

Breast-feeding is best for babies with reflux. As a mom, there are several things you can do to help your baby.

- Don't eat spicy or gassy foods like broccoli, cabbage, onions, and hot peppers.
- Avoid alcohol and tobacco.
- Milk products such as chocolate and cheese bother some babies.

### **Tips for caring for an infant with reflux:**

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