

Parent's Checklist for **REFLUX** in Infants 0-12 months old



Lifestyle and Eating Habits

*It is normal for an infant to spit up multiple times a day.
The spitting up in and of itself is not a problem.*

Below are lifestyle and eating habits that can help alleviate your infant's spitting up. Place a check mark next to the suggestions you have tried so that you will be able to discuss with your pediatrician:

- Decrease the size of each feeding, but make up for it by feeding more often.
- Burp more often throughout the feeding.
- Only put your baby in a car seat when driving in the car.
- Don't immediately feed again if the baby spits up. Wait until the next scheduled feeding time.
- Avoid tight diapers and waistbands.
- Avoid exposure to tobacco smoke.
- If the baby is bottle-fed, add up to one tablespoon of rice cereal for every ounce of infant or breast milk.
 - This thickens the liquid, and because it has more calories, it may satisfy your baby with a smaller feeding.
 - Sometimes, your doctor may instead recommend a special formula that thickens in the stomach.
 - Some brands of rice cereal contain milk or soy protein to which some babies are sensitive. If this applies to your baby, check the labels for ingredients.
- Consider trying a different formula in case protein sensitivity is playing a role.



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YOUR SOURCE FOR PEDIATRIC REFLUX AND GERD INFORMATION

**www.KidsAcidReflux.org • www.CDHNF.org
www.AAP.org • www.NASPGHAN.org**

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When spitting up causes other problems with your baby, it crosses the line into gastroesophageal reflux disease, or GERD.

Symptoms of **GERD**

Place a check mark next to any of the symptoms that your infant is experiencing. Sometimes these symptoms may be associated with GERD, but the symptoms can also be caused by other problems. Share this information with your pediatrician, because your description is important in helping the physician determine whether your infant has GERD. It is important to realize that because GERD symptoms come and go, your infant may not show symptoms in the pediatrician's office. Therefore, it is important to talk with your pediatrician to figure out what the symptoms indicate.

- Vomiting associated with
 - Blood (e.g., bright red streaks, blood clots or coffee ground appearance in stomach fluids)
 - Green or yellow fluid
 - Poor weight gain
- Crying
 - Arching away from breast/bottle with crying or irritability
- Feeding difficulties
 - Feeding refusal
 - Poor growth or failure to thrive
 - Difficulty eating (e.g., choking or gagging with feeds)

- Breathing problems
 - Repeat bouts of pneumonia
 - Breathing stops
 - Turning blue
 - Chronic coughing
 - Wheezing

Your pediatrician may also recommend:

- A trial of a medication that decreases acid in the stomach
- Referral to a pediatric gastroenterologist (specialist who cares for children with digestive (i.e., gastrointestinal problems))
- Tests to rule out other diseases or irregularities



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