sma Nutrition

Troubleshooting your baby's reflux

Baby reflux. It's one of the most common symptoms in babies until they're a year old. Here are a few baby reflux remedies to ease the symptoms.

- [ ] Check your breastfeeding technique. Make sure baby is latching on well.
- [ ] Make sure baby's head and body are in a straight line when breastfeeding.
- [ ] Hold your baby fairly upright when bottle-feeding.
- [ ] Try having more breaks, burping baby part way through each feed.
- [ ] Keeping baby upright after a feed can help.
- [ ] If you're formula feeding try giving smaller feeds more often
- [ ] Avoid changing your diet if you're breastfeeding.
- [ ] Make sure your baby lies flat on their back to sleep.
- [ ] Stick to calm cuddles after feeds, save playing airplanes for later.
- [ ] Make sure you've got a clean towel or muslin to hand for clean-ups.
- [ ] Speak to your GP if baby's reflux symptoms do not improve after a couple of weeks or your baby is not gaining weight or is losing weight.