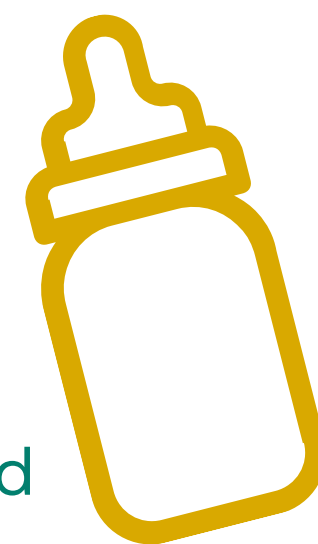


# Baby Reflux

Spitting up, even what seems to be significant amounts, is quite common in newborns and infants. The circular muscle at the top of the stomach, called a sphincter, is not fully developed in babies and does not close well after feeding. Babies also have a liquid diet of only breast milk or formula for the first 4–6 months of life, which means that it is easier for babies to burp up or spit up their liquid food.

## Recommendations

- Burp your baby in the middle of feedings (every 10–15 minutes during feeding).
- Keep your baby upright for about 30 minutes after feeding if possible.
- Avoid over-feeding. If your baby is on track with her weight gain per the growth charts, no need to push the amount of breast milk or formula they consume.
- It may be necessary to trial different formulas or consider other options, but discuss this with a provider before making any major changes to feedings.



## Monitoring Symptoms

- Schedule an appointment or go to the ER if your baby is having repeated forceful vomiting, appears ill, and/or cannot keep down any liquids with decreased urination.
- Your baby is not gaining weight or falling down in percentiles on the growth chart; this would need further investigation. Call for an appointment at MKP.
- If your baby pulls away from the breast or bottle during feeding and screams or seems to be in pain, this would need further investigation. Call for an appointment at MKP.

## Questions?

This sheet provides general advice and is not specific for your individual child. Always call if something seems off or if you have specific questions or concerns!

