



My baby is not feeling well: what could it be?

Reflux

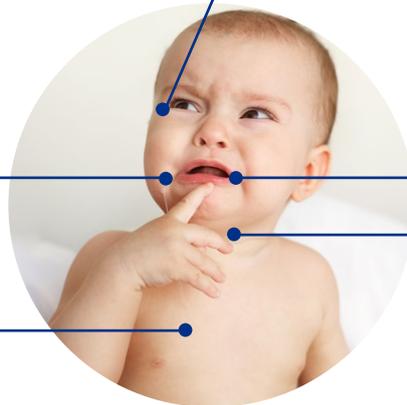
Bringing up milk during or after a feed is very common in babies. In general it occurs in half of the babies younger than 2 months and even 60-70% of the babies around 3 or 4 months! Some babies bring up a lot and others very little. But in general, mild reflux in babies is perfectly normal.

Reflux or vomiting occurs because your little might have swallowed some air. Another cause is that your baby's digestive system is still in development. The muscles at the bottom of your baby's food tube that opens and closes to allow food into the stomach have not fully been developed, and therefore milk can come back up very easily.

HOW CAN I TELL IF MY BABY HAS REFLUX?

During feeding

After feeding



Crying

Coughing or hiccupping

Bringing up milk

Swallowing after burping

Being restless

WHY DOES MY BABY GET REFLUX?



Air swallowing



Oversupply of milk



Allergy (e.g. cow's milk protein allergy)



Undeveloped digestive system

WHAT CAN I DO TO HELP?



Feed your baby in an upright position avoiding swallowing air and keep your baby that way 30 minutes after feeding.



Try smaller and more frequent feeds.



Burp your baby every 2-3 minutes during feeding.



If the problem persists, try thickening the feed after consultation with your pediatrician.



Consult your pediatrician if your baby refuses food or shows symptoms of pain.

Constipation

Constipation is a common baby problem in which your baby has infrequent bowel movements or experiences pain while doing a poo.

HOW CAN I TELL IF MY BABY HAS CONSTIPATION?



WHY DOES MY BABY GET CONSTIPATION?



Mild dehydration



Diet changes

WHAT CAN I DO TO HELP?



Give your baby enough time to get used to new foods.



Try a tummy massage or a warm bath.



Make sure your baby gets enough fluids. Mums should continue with breastfeeding / formula feeding.



Move your baby's legs in a bicycle motion.



If weaning has started, try prune puree.

Diarrhea

Diarrhea is defined by the World Health Organisation as the passage of three or more loose or liquid stools per day (or more frequent passage than is normal for the individual). Diarrhea is not a disease but is a symptom of a number of illnesses.

HOW CAN I TELL IF MY BABY HAS DIARRHEA?



Multiple diapers with loose, watery stools.

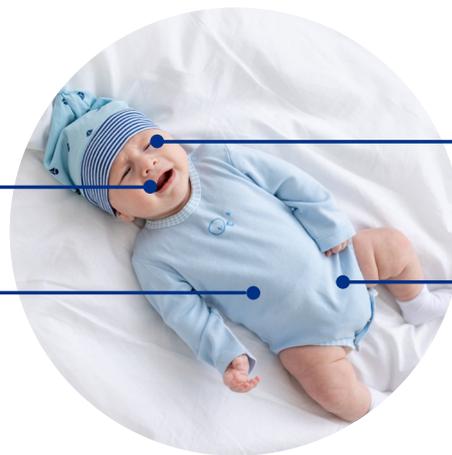
HOW CAN I TELL IF MY BABY IS DEHYDRATED?



WATCH OUT FOR SIGNS OF DEHYDRATION!

Dry lips, mouth and tongue

Acting irritable



No tears when crying

Peeing less often

WHY DOES MY BABY GET DIARRHEA?



Virus



Antibiotics



Bacteria



Allergies

WHAT CAN I DO TO HELP?



Make sure your baby gets enough fluids but avoid extra water or sugary drinks. Mums should continue with breastfeeding / formula feeding.



Wash your hands frequently.



Use oral rehydration supplements after asking your pediatrician.



If diarrhea lasts more than 24h or your baby looks unwell, ask your pediatrician.