

A pink speech bubble graphic with a white circular hole on the left side and a white circular hole on the right side. The bubble is tilted slightly upwards to the right. The text is centered within the bubble.

## Reflux in Babies

Reflux is very common in babies and generally goes away on its own closer to 12 months old. Reflux usually starts around 4 weeks of age and in most cases, reflux does not cause any harm to your baby and does not require any medical treatment.

# Reflux in Babies

- Reflux is when your baby vomits milk contents back into their mouth.
- Your baby may vomit in between, during and after a feed, this is called possetting.
- Your baby's valve at the top of its stomach is immature, so the milk can come up and down easily. As your baby gets older the valve will get stronger
- For most babies there is no treatment required, especially if your baby is happy and settled
- Try keeping your baby in an upright position for 20 minutes after you feed
- Changing formulas or changing breast feeding to formula feeding does not make any difference
- Some babies may need thickened milk, although this can cause constipation



## When to see your Doctor

- If your baby is losing weight and not growing
- If your baby is not feeding
- If your baby has a high temperature
- If your baby has blood or bile in their vomit
- If your baby has blood in their stools
- If you think your baby has a cow's milk protein allergy
- It is rare for Doctors to prescribe reflux medication as this can cause more problems

# References

1. [raisingchildren.net.au](http://raisingchildren.net.au)
2. [rch.org.au](http://rch.org.au)