

You are not alone!

SOCIAL MEDIA

GRSNNZ has a Facebook page that is available to everyone.
www.facebook.com/cryingoverspiltmilk

INFORMATION AND FACT SHEETS

These can be viewed and printed from our website,
www.cryingoverspiltmilk.co.nz. If you don't have internet access, please phone us!
021 135 0210 (Mathilde @ Eaglevision Coaching and Training)

ONLINE SUPPORT NETWORKS

Join the Gastric Reflux Support Network via our website, and access our vibrant online support communities. Membership is free, and we prioritise your privacy—we never spam or exchange contact details. Connect with others facing similar challenges, share experiences, and find valuable resources in a safe, supportive environment.

Phone/Text 021 135 0210

Mathilde Noordzij - Trustee

Email:

contact@cryingoverspiltmilk.co.nz

PO Box 204, Clevedon,
Auckland 2248

www.cryingoverspiltmilk.co.nz

Your donations are crucial in sustaining our organisation and the invaluable support it provides to families facing gastric reflux challenges.

To support us, please consider donating via
<https://givealittle.co.nz/donate/org/grsnnz>

Or scan the QR code below to make a difference today



Navigating Reflux Together

Supporting families coping with
Gastric Reflux
or EoE/EGID or
Laryngomalacia

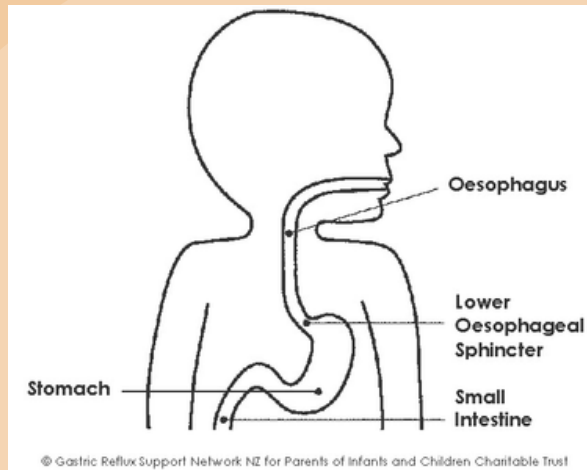
WHAT IS GASTRIC REFLUX?

Gastric reflux or spilling is common in an infant due to an immature sphincter at the top of the stomach. Babies often spill a little after feeding and this is quite normal. The baby may be a bit unsettled and may have periods of crying. Crying in an infant will usually peak in the second month and settle around three to four months. They may have short bouts of painful crying associated with a spill, but this crying is not prolonged. Spilling may also disturb sleep.

Stomach contents come up the oesophagus and may be vomited or spill out through the baby's mouth. Some babies vomit up part of every feed. Some babies rarely vomit at all as their feed will come partway up their oesophagus and then go back down again. This may still cause discomfort.

Reflux is variable and unpredictable. Some days may be much better than others are.

As the child matures so does the valve/ring of muscle at the top of the stomach. Generally speaking, the more upright the baby is, the more the reflux decreases. By the time the baby is walking, reflux will often have disappeared. In some cases, it will improve over a longer period of time.



Gastric reflux usually does not need treating with medications or surgery unless the baby appears to have significant pain, severe complications, growth issues or difficulties feeding. Surgery is generally only considered if Gastro-Oesophageal Reflux Disease is not able to be controlled with medication.

You need to take your baby to a doctor for a proper diagnosis if you think they may have gastric reflux and it is a problem.



Tautoko, Matauranga me te Whakamana i te whānau me ngā tamariki

Support, Education and Empowerment for families and their children

Gastric reflux can be *managed* in a variety of ways including diet, positioning, parenting techniques and as a last resort medications.

About one third of infants with reflux also have a cow's milk protein allergy or intolerance, so a milk-free diet for the mother who is breastfeeding or an appropriate dairy free formula for the infant who is formula fed may be needed. Talk to your Health Professional (Doctor, Well Child Provider or Dietician) if you think this may be a problem.

GRSNNZ's support parents have lots of useful tips, experience, support and ideas, so please contact us if you are having difficulty coping. There is no financial cost involved in joining GRSNNZ.

We would like you to know that there are other parents that do understand and who have infants with gastric reflux. We acknowledge the impact that this can have on the parents, caregivers, siblings and extended whānau members.

GRSNNZ provides support for families living with Gastric Reflux or associated conditions such as EoE/EGID or Laryngomalacia.

References and Acknowledgements:
<http://www.cryingoverspiltmilk.co.nz/reflux/whatisgastricreflux/>, <http://purplecrying.info>