

loads of love loads of laundry

Remember, spitting up is common
and normal in most babies



Did you know...

Choosing Wisely Canada recommends:

Not to routinely use acid blockers or motility agents for the treatment of gastroesophageal reflux in infants.

Acid reflux is normal in babies who are otherwise healthy and gaining weight. It should cause no harm and get better with time!

Treating spit up with medication could increase your child's risk of: *lung infections, gut infections* and the *development of allergies*.

If you have a Healthy Spitter...

- **Keep your baby upright after a feed.**
- **If breastfeeding, continue to breastfeed! This is not a reason to stop.**
- **If formula fed, try reducing volumes of feeds, alternative formulas, and if older than 6 months try thickened feeds.**

Talk to your doctor.
Ask **“is medication necessary?”**
Choose Wisely.