

Acid Reflux in Infants and Children

Actually, the last folks to have lifestyle issues as a cause for Acid Reflux are babies.

However, it does happen frequently in babies. Half of them will experience acid reflux during the first three months of their lives. The common symptoms are spitting, vomiting, coughing, irritability, feeding discomfort and blood in their stool. The baby tends to be cranky and cries easily and he of course can't communicate what the problem is.

We often call this as Colic. Rings a bell?

There are medications that may be given to babies older than six weeks, but for such a small patient, this is often discouraged. Finding another solution is preferable.

There are special pillows that can prop the baby's head and this may help stop the acid reflux. There are available where you buy other baby items.

Dairy products commonly cause acid reflux in babies. Babies have different systems so you must find the correct diet for yours. Sometimes the consistency of a formula will work for one infant but not another. You may find it advisable to consult with your baby's pediatrician who has watched the baby since birth and knows his history.

All of us humans have a nerve called the Vagus nerve that runs close to the Esophageal Sphincter. This nerve often triggers "throwing up" and other traumatic events. Sometimes, chiropractic treatments are successful in a given baby's situation, and bring relief.

Another great solution is drinking of liquid calcium. The creamy texture of the liquid calcium allows your child to heal at its own pace.

A baby spitting up food may be a way of letting you know there could be an acid reflux problem starting. You need to pay close attention and be careful as extended spitting up could lead to sleep apnea in babies or sudden breathing stoppage. This may be fatal so you should consult with a pediatrician at the earliest sign of this disease.

Some "lifestyle" things to follow in case of babies are elevating the head of the baby's crib, holding the baby upright for 30 minutes after a feeding and rubbing its back.. What also may work well is thickening the bottle feedings with cereal (do not do this without a doctor's supervision), changing feeding schedules, and trying solid food (with your doctor's approval).

At the end of the day, one tries to avoid medications like Zantac for such little children.

About the Author

Are you searching for the best [acid reflux cure](#)? Find out what you can do to get rid of the pain of [heartburn](#) and other effects at the Reflux Renegade website. Visit <http://www.refluxrenegade.com> for more helpful information.

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