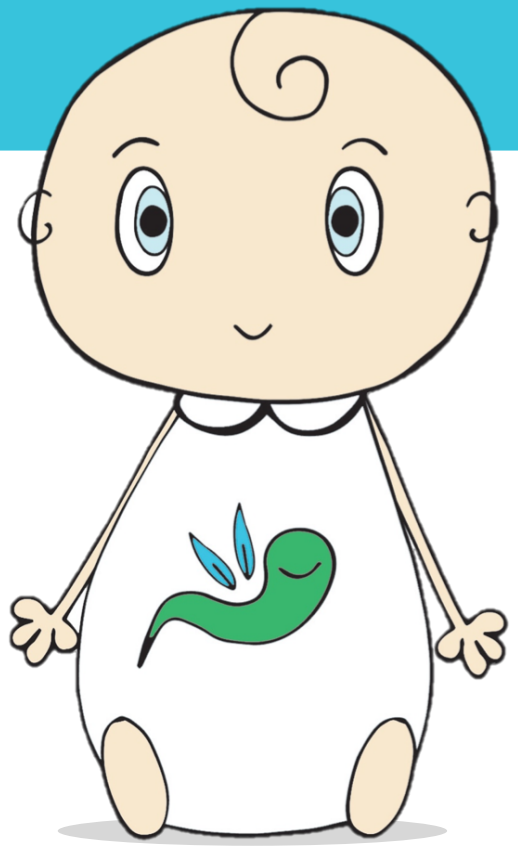
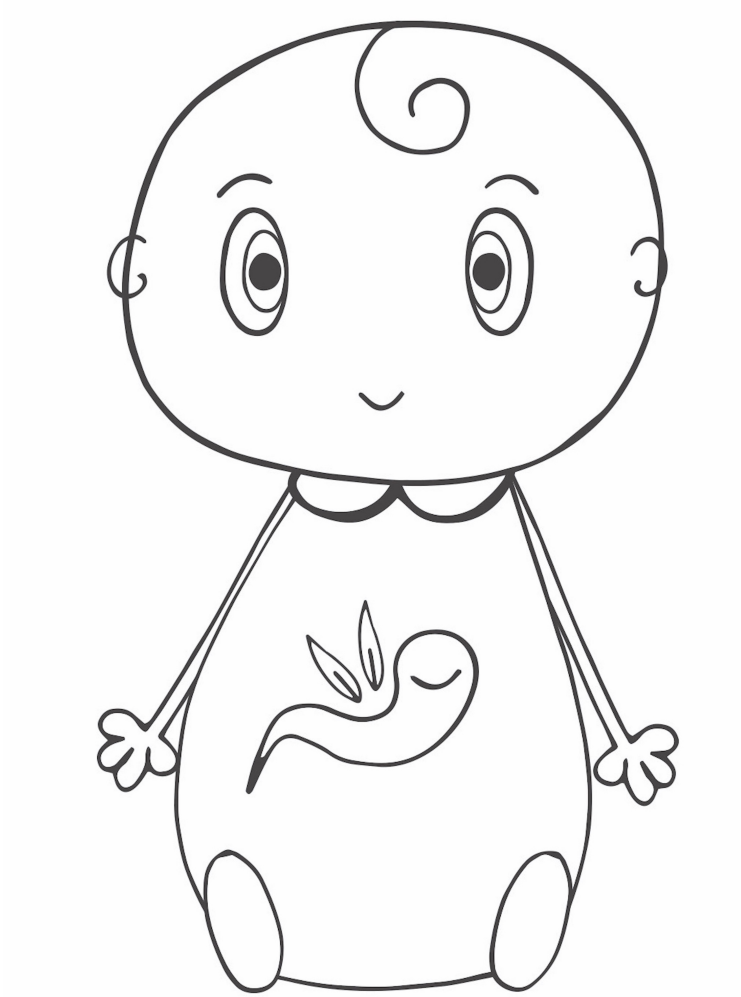
THE BABY REFLUX LADY'S

SYMPTOMS



This workbook accompanies the workshop on understanding the cause of your baby's discomfort

ÁINE HOMER



Tick those symptoms on the left that your baby experiences now, before you start making changes
On the right, rate out of 10, how severe these symptoms usually are for your baby, and circle whether they have these symptoms Always, Frequently or Rarely. Remember, these are your observations so your own definition of these terms is perfect.

Birth

	Yes	No
❑ Natural labour ……..……	☐	☐
❑ No assistance at all ……	☐	☐
❑ Gentle assistance from midwife / consultant……	☐	☐
❑ Forceps or Ventouse ……	☐	☐
❑ Induction ……....……	☐	☐
❑ Spontaneous rupture of membranes ……..…	☐	☐
❑ Cervical Sweep ……..……..…	☐	☐
❑ Manual rupture of membranes ……..……..…	☐	☐
❑ Caesarean Section (planned or emergency) ……	☐	☐
❑ Extended labour ……..……	☐	☐

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Feeding

	Severity	Always	Frequently	Rarely
❑ Frequent feeds (more than 8 milk feeds / day under 6 months)	____/10	☐	☐	☐
❑ Short feeds	____/10	☐	☐	☐
❑ Falls asleep during a feed	____/10	☐	☐	☐
❑ Often refuses to feed	____/10	☐	☐	☐
❑ Pushes breast or bottle away	____/10	☐	☐	☐
❑ Turns head when trying to feed	____/10	☐	☐	☐
❑ Tugs at the breast during a feed	____/10	☐	☐	☐
❑ Milk spills from mouth during a feed	____/10	☐	☐	☐
❑ Milk comes back up through nose	____/10	☐	☐	☐
❑ Posseting (bringing up milk then swallowing it again	____/10	☐	☐	☐
❑ Splutters, coughs, gags or chokes during a feed	____/10	☐	☐	☐
❑ Gulps when feeding	____/10	☐	☐	☐
❑ Claws at face or breast when feeding	____/10	☐	☐	☐
❑ Hits when feeding	____/10	☐	☐	☐
❑ Bobs on and off the breast during a feed	____/10	☐	☐	☐
❑ Can hear milk sloshing in baby's tummy	____/10	☐	☐	☐
❑ Spits up frequently	____/10	☐	☐	☐
❑ Makes a clicking sound	____/10	☐	☐	☐
❑ Appears uncomfortable	____/10	☐	☐	☐
❑ Appears to be in pain	____/10	☐	☐	☐

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Symptoms After Feeding

	Severity	Always	Frequently	Rarely
❑ Projectile vomit ……	____/10	☐	☐	☐
❑ Frequent vomiting ……	____/10	☐	☐	☐
❑ Green or yellow vomiting ……	____/10	☐	☐	☐
❑ Vomit has blood in it ……	____/10	☐	☐	☐
❑ Chokes or blue spells ……	____/10	☐	☐	☐
❑ Brings up food after several hours ……	____/10	☐	☐	☐
❑ Squirms around or grunts ……	____/10	☐	☐	☐

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Respiratory Symptoms

	Severity	Always	Frequently	Rarely
❑ Coughing ……	____/10	☐	☐	☐
❑ Stuffy or Blocked nose ……	____/10	☐	☐	☐
❑ Runny nose ……	____/10	☐	☐	☐
❑ Difficulty breathing (ant time of the day or nigh ……	____/10	☐	☐	☐
❑ Face goes blue ……	____/10	☐	☐	☐
❑ Cold-like symptoms ……	____/10	☐	☐	☐
❑ Sneezing ……	____/10	☐	☐	☐
❑ Wheezing ……	____/10	☐	☐	☐
❑ Sleep apnoea (stops breathing during sleep) ……	____/10	☐	☐	☐

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Digestive Symptoms

	Severity	Always	Frequently	Rarely
❑ Acidic or smelly breath	____/10	☐	☐	☐
❑ Rumbly tummy	____/10	☐	☐	☐
❑ Rock hard tummy	____/10	☐	☐	☐
❑ Tender tummy	____/10	☐	☐	☐
❑ Swollen tummy or bloated abdomen	____/10	☐	☐	☐
❑ Diarrhea	____/10	☐	☐	☐
❑ Constipation	____/10	☐	☐	☐
❑ Mucous in poo	____/10	☐	☐	☐
❑ Blood in poo	____/10	☐	☐	☐
❑ Green poo	____/10	☐	☐	☐
❑ Black in poo (except after eating a banana)	____/10	☐	☐	☐
❑ Lots of wind	____/10	☐	☐	☐
❑ Painful wind or gas	____/10	☐	☐	☐
❑ Hiccoughs	____/10	☐	☐	☐

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Positional

	Severity	Always	Frequently	Rarely
❑ Plagiocephaly / Flat spot on head ……..……	____/10	☐	☐	☐
❑ Sleeps with head at extended angle ……	____/10	☐	☐	☐
❑ Only happy feeding on one side / position ……..	____/10	☐	☐	☐
❑ Cannot open mouth very wide ……..……	____/10	☐	☐	☐
❑ When mouth is wide open it looks off centre …….	____/10	☐	☐	☐
❑ Torticollis / twisting of head and neck ……..……	____/10	☐	☐	☐
❑ Cannot open mouth really wide or for long periods of time……	____/10	☐	☐	☐

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Sleep Symptoms

	Severity	Always	Frequently	Rarely
❑ Frequent night waking (more than 2 / night from 8 weeks).....	____/10	☐	☐	☐
❑ Sleep Apnea (stops breathing for a period)	____/10	☐	☐	☐
❑ Mostly sleeps in someone's arms or on shoulder.....	____/10	☐	☐	☐
❑ Difficult to get baby to sleep.....	____/10	☐	☐	☐
❑ Wakes soon after being put down	____/10	☐	☐	☐
❑ Difficulty staying asleep	____/10	☐	☐	☐
❑ Needs motion to sleep (car, bouncing, buggy)	____/10	☐	☐	☐