

Colic & Constipation

Symptoms

- ▶ showing signs of holding on – such as crossing legs, crying or pain
- ▶ abdominal discomfort
- ▶ goes off their food

Tips

- ▶ If breastfeeding, continue to breastfeed
- ▶ If formula feeding, ensure formula is prepared correctly and scoops are not inadvertently 'packed'

Common Baby Feeding Problems



SOY AND
GOAT

SENSITIVE

LACTOSE
INTOLERANCE

ANTI-REFLUX

COLIC &
CONSTIPATION

Colic & Constipation

Two of the most common problems with infants are colic and constipation. Constipation occurs when a child has hard stools or does not go to the toilet regularly.

It is common for children to have varying firmness and frequency of their bowel movements.

Constipation may be caused by a change of diet (especially during weaning period), medication, a minor illness such as a cold or after a painful or frightening bowel movement.

If your baby is crying repeatedly, excessively and inconsolably, they may be suffering from colic. The exact cause of colic is not known, which can be frustrating for parents.

BREASTMILK IS BEST FOR BABIES: Professional advice should be followed before using an infant formula. Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

Reflux & Regurgitation

Tips

- ▶ **If breast feeding, continue to breastfeed as breast milk is easy for the baby to digest.**
- ▶ **Avoid over feeding**
- ▶ **Thickened milk feeds may be trialled under medical supervision**

Cows' Milk Allergy

A food allergy is when the immune system reacts to a substance in the environment which is normally harmless. The most common form of allergy in infants is cows' milk protein allergy.

Mild to Moderate Symptoms

- ▶ Swelling of face, lips and/or eyes
- ▶ Hives or welts on the skin
- ▶ Abdominal pain, vomiting

Cows' Milk Allergy

Severe Allergic Reactions

- ▶ Swelling of tongue
- ▶ Swelling/tightness in throat
- ▶ Wheeze or persistent cough

Tips

- ▶ **Know the signs and symptoms of food allergies and what to do when a reaction occurs**
- ▶ **Read and understand food labels for food allergens**
- ▶ **Be aware of cross contamination of food allergens when preparing food**

Reflux & Regurgitation

Reflux (gastro – oesophageal reflux) is the movement of stomach contents back up into the oesophagus after a feed while regurgitation episodes are when reflux reaches the mouth.

Symptoms

- ▶ has blood or bile (bile is a yellow fluid) in their vomit
- ▶ finds it difficult to swallow
- ▶ vomiting
- ▶ is irritable and hard to settle
- ▶ won't eat
- ▶ is losing weight or not gaining weight as you think they should

Lactose Intolerance

Symptoms

- ▶ abdominal pain
- ▶ abdominal swelling (bloating)
- ▶ flatulence (excessive wind)
- ▶ diarrhoea

Tips

- ▶ **Breast milk contains lactose. If breastfeeding, reach out to a lactation consultation for advice on managing the intolerance.**
- ▶ **For a formula fed baby, try lactose free formula under medical supervision**

Sensitive

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Sensitive

Severe Allergic Reactions

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Tips

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- ▶ **Be aware of cross contamination of food allergens when preparing food**

Lactose Intolerance

Lactose intolerance is a digestive problem where the body is unable to digest lactose, a sugar mainly found in milk and dairy products.

This is usually as the result of an absence or deficiency of lactase, an enzyme that breaks down lactose for easy absorption.

Deficiency of lactase can be due to a number of reasons but in infants this is most commonly due to acute gastroenteritis or persistent diarrhoea.

This type of lactose intolerance is usually temporary and once the underlying problem is resolved, lactose can be reintroduced.