

HOW TO SUPPORT FAMILIES AND THEIR
BABIES WITH SYMPTOMS OF COLIC,
REFLUX AND INFANT ALLERGIES

(WITHOUT RESORTING TO MEDICATION)

WORKSHEET

WELCOME!

In order to support families gently and proactively – you'll first need to understand the causes of colic and understand what strategies can address the underlying causes, in order to support individual families appropriately.

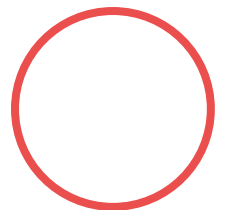
Please use this workbook to help you in addition to the Colic, Reflux and Allergies video with Shel Banks.

The questions are designed to help you consolidate your learning and reflect on the information you have received.

You will see the Video Timestamp at the top of each page to guide you.



Use these boxes to write your answers. There is also a reflective exercise at the end of the workbook for you to complete.



Think about the families you currently work with. They could be clients you come into contact with as a health professional, Maternity Nurse, Nanny, Doula, IBCLC, Peer Supporter, or Sleep Coach. They could even be strangers, friends or family members.

What proportion of families that you worked with have questions about reflux, colic, or allergies?

Can you write down what training you've received on reflux, colic, or allergies?

What strategies have you been taught?

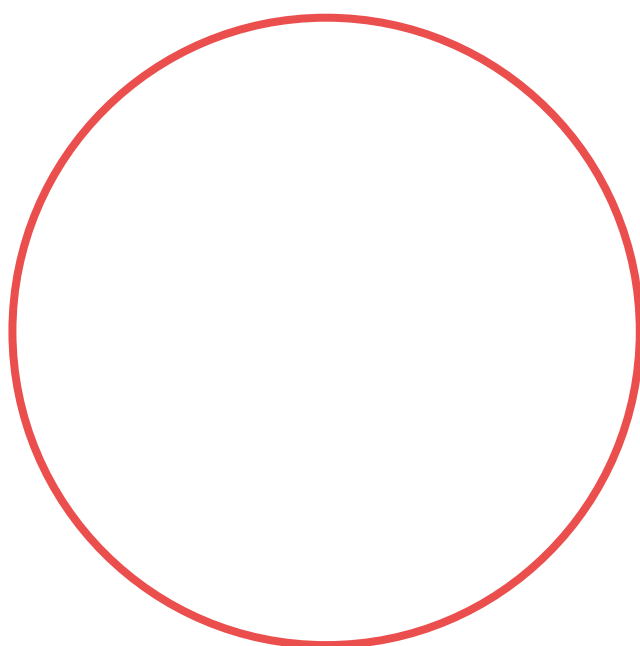
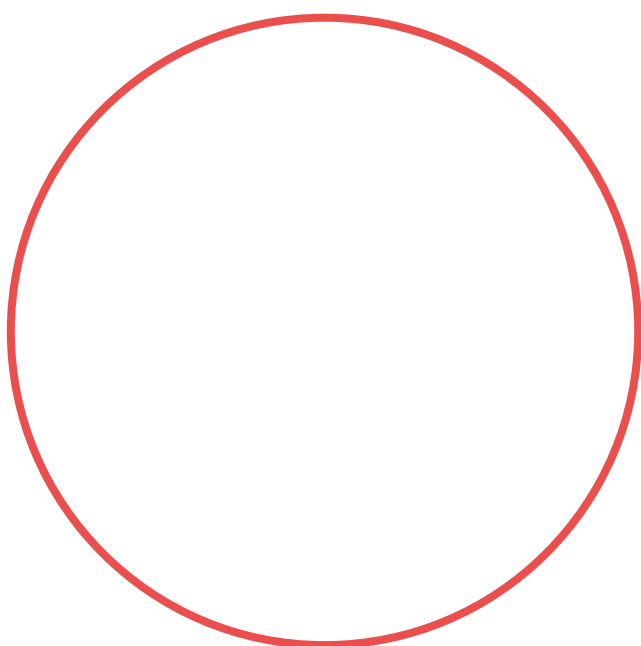
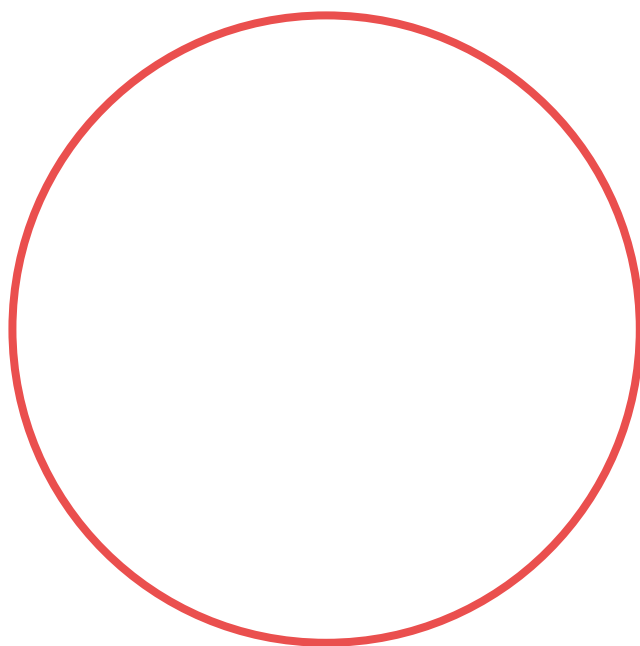
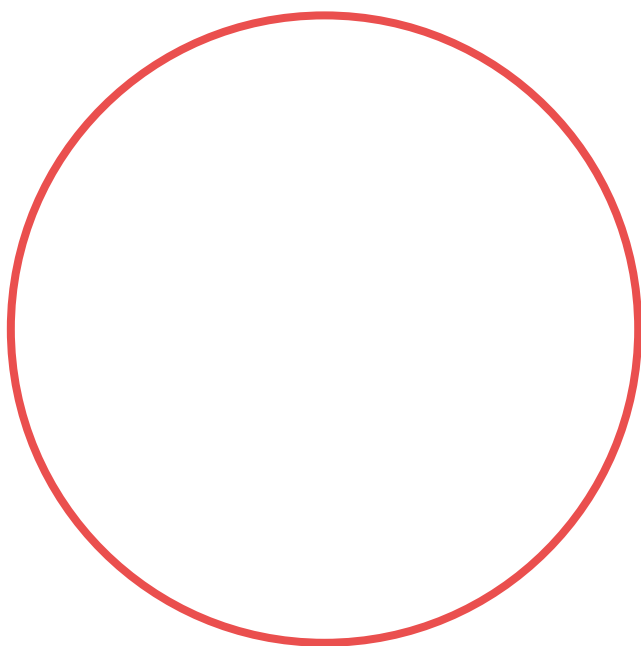
VIDEO TIMESTAMP 03:27

Where does most information around this topic come from?

What kinds of items are sold to help families with Colic, Reflux and Infant Allergies?

VIDEO TIMESTAMP 08:45

What are the four main causes of crying, regurgitation and distress?



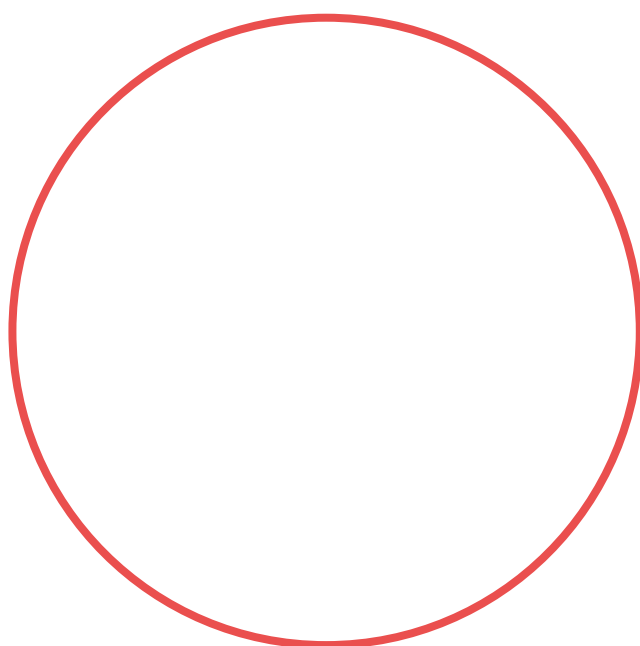
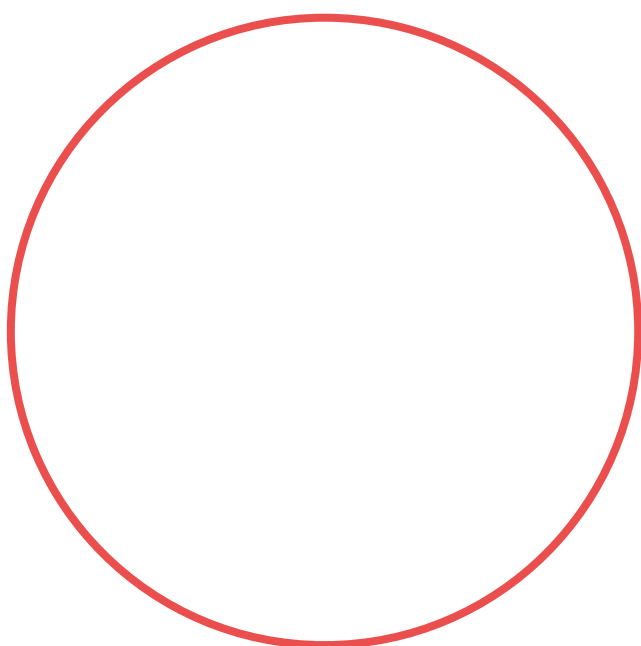
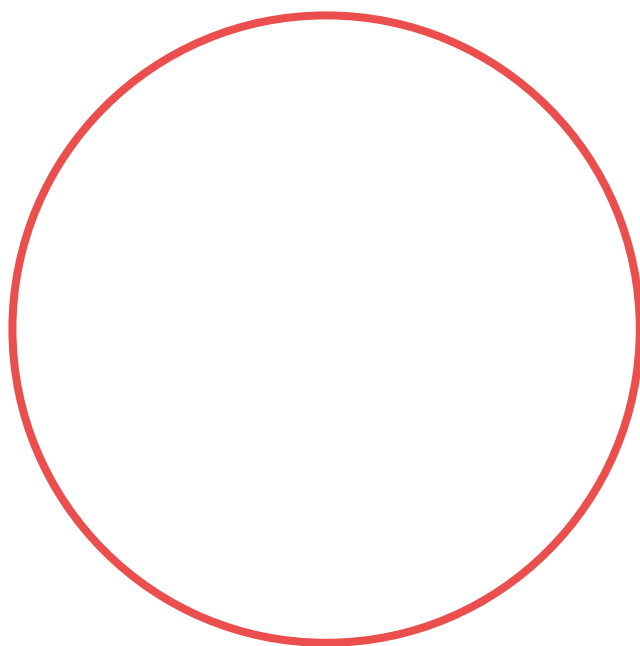
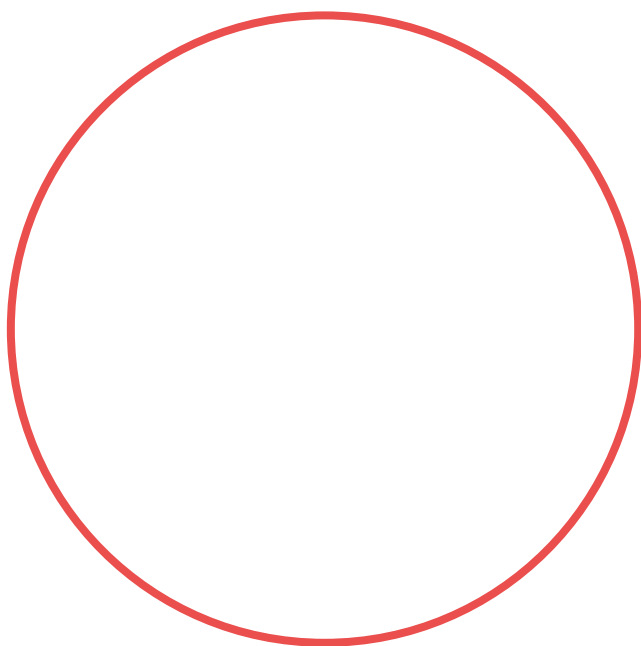
For each of these four main causes, can you explain how these cause the baby to be unsettled?

VIDEO TIMESTAMP 14:12

Explain why medication isn't the answer for colic symptoms or gastro oesophageal reflux in your own words...

VIDEO TIMESTAMP 14:44

What over the counter medications are sold to treat colic and how are they supposed to work?



VIDEO TIMESTAMP 16:31

What prescription medications are used for reflux?

How are they supposed to work?

When might these medications work?

What are the risks and criticisms of using these medications?

Can you identify the safety considerations when using thickened formula?

VIDEO TIMESTAMP 20:18

How are families affected day to day by having a baby with reflux?

Identify some of the emotions parents may experience when their baby has reflux...

VIDEO TIMESTAMP 21:06

What strategies might you employ to manage feeding to lesson distress for a breastfed baby?

What strategies might you employ to manage feeding to lesson distress for a bottle fed baby?

VIDEO TIMESTAMP 22:15

List some of the effects of over-use of specialist formula and medications on the infant.

VIDEO TIMESTAMP 23:36

What considerations do we need to make when figuring out what is going on with this baby?

VIDEO TIMESTAMP 24:35

Identify additional effects of over-use of specialist formula and medications.

VIDEO TIMESTAMP 28:00

What can you offer families to support them with an unsettled baby?

VIDEO TIMESTAMP 30:00

Is pre-made formula easier to digest than powdered formula? Why may people think so?



VIDEO TIMESTAMP 31:33

Can a baby suddenly develop a cow's milk protein allergy after a few weeks being happy on formula milk? Why?



VIDEO TIMESTAMP 33:07

When a baby starts to eat solid food but still has a bottle, do we still need to burp them after their milk? Why/why not?



VIDEO TIMESTAMP 34:37

What are probiotics? How do they supposedly work?



REFLECTIVE EXERCISE

How do you feel about what you have learned in this video? Do you have any personal experience of this topic?

