

Lifestyle adjustments are the first defense against reflux or GERD. There are simple things you can do to help diminish reflux:



episodes without even seeing a doctor. The first thing to start doing is **provide smaller, but more frequent feedings** through the day. It may seem like you are then spending all your time feeding the baby, but it will pay off in the long run as you will likely spend less time trying to console a screaming or puking baby. Next, **keep baby propped up during a feeding, for at least a half hour after feeding and while sleeping. Avoid putting clothes on the baby that are tight or constrictive in the belly region and \*thicken formula with small amounts of cereal.**

### [MORE LIFESTYLE ADJUSTMENTS &gt;](#)

---

If or when lifestyle adjustments aren't enough to provide your child (and family) with some relief, there are several other options available. Navigate those options below or you can [read this article if you are unsure whether your child needs medication](#).

#### **Medication**

Everything you need to know about the medications used to treat infant acid reflux and pediatric GERD, including how to know if your child needs medication and tips on administering it if they do.

### [MORE INFORMATION ABOUT MEDICATIONS](#)

#### **Surgery**

Learn about the surgical treatment for infant and pediatric GERD, called the nissen fundoplication.

### [MORE INFORMATION ABOUT NISSEN FUNDOPLICATION](#)

#### **Alternative Treatment Options**

There are some alternative medicine options that are sometimes used for treating infant reflux, learn about those, here.

### [MORE INFORMATION ABOUT ALTERNATIVE TREATMENTS](#)