



the reflux room

SYMPTOM TRACKER

Please fill in this tracker with which symptoms your baby is displaying to start the journey to identifying the root cause of their discomfort.

For more details, check out my social media @therefluxroom or www.therefluxroom.com

Behaviours

- Frequent feeds
- Short feeds
- Refusal to feed
- Pushing breast/bottle away
- Turning head away
- Tugging at the breast/bottle
- Bobbing on and off
- Falling asleep while feeding
- Clawing at face
- Hitting
- Spluttering, coughing, gagging or choking
- Gulping
- Clicking sounds
- Milk spilling from mouth
- Milk coming back through nose
- Milk sloshing in baby's tummy

After feeds

- Possetting
- Milk coming back through nose
- Constant swallowing
- Projectile Vomiting
- Vomiting, not projectile
- Green/yellow vomit
- Choking/blue spells
- Blood in vomit
- Bringing milk up after hours
- Squirming/grunting
- Hiccoughs

Respiratory

- Coughing
- Stuffy blocked nose
- Cold symptoms no fever
- Sneezing or wheezing
- Difficulty breathing
- Face turning blue
- Sleep apnoea

Digestive

- Acidic or smelly breath
- Rumbly tummy
- Rock hard tummy
- Tender tummy
- Swelling/bloating
- Painful Gas
- Constipation
- Blood in poo
- Diarrhoea without fever
- Green poo
- Black poo
- Mucus in poo

Physical

- Back arching
- Throwing themselves backwards suddenly
- Strong head and neck from an early age
- Pulling knees up
- Scrunching face up
- Redness in face
- Blisters on lips
- Can't open mouth very wide

Other symptoms

- Hives
- Eczema
- Asthma
- Psoriasis
- Benign spots anywhere on the body
- Rash around the mouth
- Clingy
- Comfort in closeness