

You're not alone

From:  Minbie | info@minbie.co.uk

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To: Marsali Kelloe | kelly@kmwade.com

Marsali, want to prevent reflux?



WHAT IS REFLUX?

Read about the top tips for preventing reflux and dealing with it

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Now I know that reflux is really common in babies, especially during the first month of life. And once I learned that other mothers were dealing with the same issues and felt exactly the same way as me, my stress levels dropped a bit and I felt less guilty.

But still, I worried.

[READ FULL ARTICLE](#)

Dear Marsali

Is your baby spitting up milk or formula left right and centre? Do you find yourself wondering whether it could possibly be normal for a baby to regurgitate that much of what he or she drinks?

When I was in this situation, I remember feeling a little irritated at times that I went to so much effort to feed Bub at all hours of the day and night only for everything to come straight back up. Well, that's how it seemed at the time anyway. And then, of course, I felt guilty. My baby was the one having to deal with the wayward digestive system - *surely Bub had more right to be upset than I did!*

Now I know that reflux is really common in babies, especially during the first month of life. And once I learned that other mothers were dealing with the same issues and felt exactly the same way as me, my stress levels dropped a bit and I felt less guilty.

But still, I worried.

You see, one of the babies from my mothers' group was diagnosed with GORD. And Mum baby had reflux for much longer than just 1 month. What if my baby had GORD too? I researched the condition obsessively but there just didn't have access to enough reliable information. In the end, a trip to our family doctor sorted everything out. Bub was fine!

My baby did eventually grow out of the reflux phase. And because it took so long, I became pretty good at dealing with the mess. This stood me in good stead when Bub started eating solids.

The experience also taught me the importance of having a good support network and access to reliable information. So, now that I'm in a position to help other families, I want to share what I learned and 'pay it forward' as they say.

That's why I had my team put together the blog post I'm sharing with you today. When you read it, you'll learn what reflux is, why it occurs and what can be done about it. If you looked at the word 'GORD' and wondered why I was talking about squashes (and whether you should point out the correct spelling), then you'll also learn what GORD is and how it differs from the standard reflux.

On top of that, you'll be able to read all my top tips for preventing reflux and dealing with it when all preventative actions can't eliminate it entirely. There's also a link to a great organisation that might be able to help you out if you need further support. But of course, you're also welcome to commiserate with other parents in your situation by posting a comment in the blog post.

And if your baby has already passed the reflux stage, why not share your tips for keeping on top of this most frustrating of conditions. One frustrated parent out there may just find the one thing that will help them keep their sanity!

So what are you waiting for? [Check out the blog post now!](#)

Julia

Julia Wilson
Minbie Co-founder



TOP TIPS OF PREVENTING REFLUX

When you read this article, you'll learn what reflux is, why it occurs and what can be done about it.

CHECK OUT OUR BLOG POST

IN MY NEXT ARTICLE

In my next email I'll be talking about colic. What it is, what you can do about it and how you can cope with it. If your baby cries a lot, you definitely won't want to miss that email.



We're all mums too, so we'd be happy to help you navigate the world of bottle feeding anytime 24/7.

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