

REFLUX-FREE FRAMEWORK

1 foundation



2h 01m

Understanding what your baby's symptoms are and how they are causing their current set of symptoms and behaviours is the key to long-term success in resolution. In the Cause of Reflux Workshop you get

1

BASICS OF REFLUX

1. Understanding reflux, silent reflux, colic & digestive discomfort
2. Framework overview & using this course

2

STEP 1: CAPTURING DETAILS

1. Comprehensive symptoms & behaviour capture
2. Symptom refinement - poo, timing and pacifier use

3

STEP 2: DETERMINE THE CAUSE

1. Part 1 - Red Flag Symptoms
2. Part 2 - Upward Symptoms
3. Part 3 - Downward Symptoms
4. Part 4 - Additional Symptoms
5. Part 5 - Your Plan of Action

4

STEP 3: CREATE PLAN OF ACTION

1. With all the information from the previous sections, you can now curate your baby's specific plan of action

REFLUX-FREE FRAMEWORK

2 function



6h 45m

How your baby's body should work, and how it currently is working for them will help you see where there are ways you can support them to be more balanced and comfortable within themselves

1

ORAL FUNCTION

1. Key Signs of Tongue Tie
2. Tongue Function
3. Oral Play Exercises
4. Further Info - including Pacifier use

2

BODY FUNCTION

1. Facial massage
2. Bodywork at home

3

DIGESTIVE FUNCTION

1. Easing Digestive Discomfort
2. Probiotics & Baby's Gut Microbiome, How and When to Use

4

ENDOCRINE FUNCTION

1. Remaining calm

5

GENERAL COPING STRATEGIES

1. Reducing Crying
2. Teething
3. Easing Pain
4. Easing Night-Times
5. Winding / Burping

6

SLEEP

1. Sleep Tips for Newborns
2. Sleep Hacks for Parents

7

MEDICATIONS

1. Medication ingredients
2. Weaning from medications

REFLUX-FREE FRAMEWORK

3 feeding



3h 40m

In this pillar we address breast, bottle and formula feeding. There are many aspects of feeding that are common to all, and here we provide all the information you need regarding milk feeding your baby.

1

GENERAL FEEDING TIPS

1. Position Basics
2. Babies with Feeding Difficulties
3. Support Poor Weight Gain
4. Feed Spacing (*coming soon*)

2

BOTTLE FEEDING

1. Bottle Feeding Positions
2. Observations on Side Lying (*coming soon*)
3. Choosing the best bottle

3

FORMULA FEEDING

1. Choosing the best formula
2. Hydrolysed milks don't help babies
3. Milk Thickeners & Thickened Milks
4. Powdered Formula Preparation

4

BREASTFEEDING

1. The Art of Food Tracking
2. Box Breathing
3. How to Eat
4. Why TEDs fail - The Digestive System
5. How Your Food Affects Baby
6. Key Signs to Look Out For
7. Managing Elimination & Reintroduction
8. What to Eat and When
9. Safer Foods List Guidance
10. Q&A & more