

## BabyGym<sup>®</sup> and Silent Reflux

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Our baby boy was born full term and weighed 3.6kg. He however ended up in NICU with fluid in his lungs and was given extra oxygen to assist with absorption of the fluid. He responded very quickly to this intervention and was discharged after 5 days. Shortly after arriving home, he presented with a whistle-like noise during normal breathing, but especially during feeding. We first thought that he did not fully recover, but during his 6-week check-up at the paediatrician, it became clear that he was suffering from Laryngomalacia. A condition characterised by the soft, immature cartilage of the upper larynx that collapses inward during inhalation, causing airway obstruction. His condition was however worsened by silent reflux. It caused inflammation of the upper airways and made breathing (and as a result feeding) even more difficult.

Feeding him was a real mission and not a pleasurable experience at all. He would battle to get the rhythm right (of sucking, swallowing and breathing). It was rather nerve wrecking trying to breastfeed him as he constantly sounded like he was choking. It took what felt like hours to get him through one feed. Just, to be in time for the next feed!

He was prescribed medication to assist with the reflux (which had an overall positive effect on the laryngomalacia). We were told that he would outgrow the laryngomalacia eventually. A follow-up with an ENT was scheduled in the event of this condition worsening over the next couple of weeks.

Doing certain BabyGym<sup>®</sup> activities before and after each feeding also greatly enhanced the feeding experience for mom and baby! It not only shortened the feeding time, but it was evident that he did not feel as uncomfortable during feeds as before. I specifically use the Vagus rub before and after a feed. Massaging the handpalms during a feed and doing the I-LOVE-U-massage 20 minutes after the feed also gave relieve. He is now 5 months old and a real little charmer. Feeding time is much less of a hassle and although he would still need to outgrow the laryngomalacia, the condition has improved tremendously.

