

Hospital guide Under 6



Cambridge
University Hospitals
NHS Foundation Trust

Regurgitation

Why food comes back

Sometimes, food you eat comes back into your mouth.

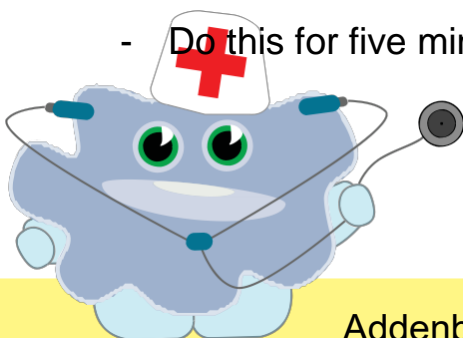
This happens if your tummy squeezes tight. Some children can feel their tummy doing it.

To stop your tummy squeezing, it needs to relax. You can relax your tummy by doing 'Belly Breathing'.

Belly Breathing is special breathing that relaxes your tummy so it won't squeeze food out.

How to do Belly Breathing:

- Lie on your back with a teddy on your tummy.
- Breathe in slowly through your nose to make the teddy rise up.
- Breathe out slowly through your mouth to make the teddy go back down.
- Do this for five minutes.



When to do Belly Breathing

Doing Belly Breathing every day is really good for relaxing your tummy. It can help to do it:

- In the morning
- After you eat food
- Before you go to bed

The more you do it, the more relaxed your tummy gets. Try for at least two weeks.

An adult can put a star or sticker on a chart like this when you do your Belly Breathing. Well Done!

	Monday	Tuesday	Wednesday
Breakfast	☺	☺	☺
Lunch	☺	☺	
Dinner	☺	☺	

More help

If Belly Breathing doesn't work, or regurgitation greatly affects child/family wellbeing, contact us as below.

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