

Regurgitation

What is regurgitation?

Sometimes our tummies push food back out again. This is called 'regurgitation'.

Some children get regurgitation every time they eat. Some just get it sometimes.

Why does it happen?

Regurgitation happens when your tummy muscles get tight. This pushes food into your mouth.

Regurgitation doesn't mean you are ill. It just means your tummy is used to pushing food out.

Can I make it stop?

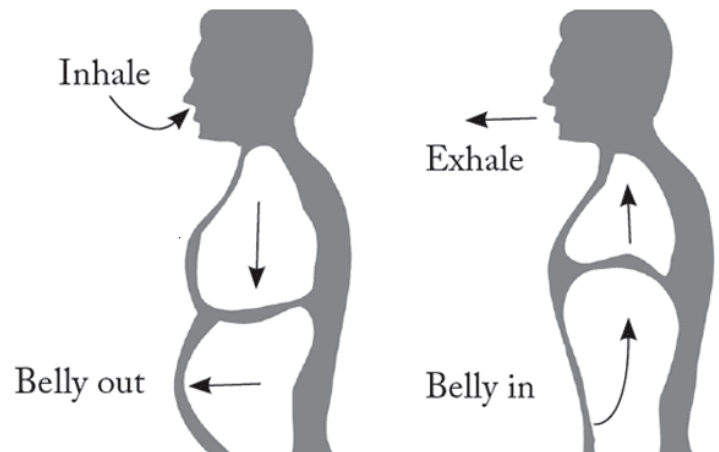
Rumination makes some children feel sad, angry or shy. It's not very nice to feel this way.

The best way to help it stop it is using **Belly Breathing**.

What is Belly Breathing?

Belly Breathing is breathing really deeply using your tummy muscles. It relaxes the muscles in your tummy so they don't push food out.





How do I do Belly Breathing?

- 1) **Lie flat on your back, or sit up tall.**
- 2) **Put one hand on your tummy, and one on your chest.**
- 3) **Breathe in slowly through your nose.**
The hand on your tummy should rise.
The hand on your chest should stay still.
- 4) **Breathe out slowly through your mouth.**
The hand on your chest should be still.
- 5) **Carry on for 5 minutes** – ask someone to time you!

Some people like to count along with the breaths, like this:

- **Breathe in:** 1... 2... 3... 4...
- **Breathe out:** 1... 2... 3... 4...

When should I use it?

The more you practice belly breathing, the more helpful it is. This is because your tummy muscles get more relaxed.

Try to do it at least once a day. If you can, doing it three or four times a day can be really helpful.

Pick times that are easy to remember, like after eating, or before bed. If your regurgitation happens at certain times (such as after lunch), use it then.



Keeping it up

It is hard to remember to do something new, like Belly Breathing. Your family or school can help with these ideas:

- Ask someone to remind you.
- Put a note or sticker where you will see it (like the table).
- Set a phone alarm.
- Make a chart like this and put stickers or smiley faces in the boxes when you do your belly breathing:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	☺	☺	☺	☺			
Lunch	☺	☺	☺	☺			
Dinner			☺	☺			
Bedtime	☺	☺		☺			

More help

If belly breathing doesn't work, or if regurgitation makes you or your family very unhappy, they can ask for more help below.

Contacts

This was written by the gastroenterology clinical psychologists, who help with feelings and experiences around digestive issues.

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References

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Document history

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Contact number	01223 216878
Approval date	23 November 2022
File name	6-10 Rumination Version1 November 2022.doc
Version number/ ID	1 / Document ID 102781