

# How To Manage Acid Reflux And GERD In Children



Give them smaller meals  
and more often.



Restrict eating three hours  
before bedtime.

Encourage weight loss if the  
child is obese.



Avoid fatty foods.

Avoid fatty, spicy, and  
carbonated foods.

Let them sleep with their head  
elevated and on the left side.



Don't make them wear  
tight clothes.

Restrict heavy meals before  
exercise or stressful events.

