



Learn how to
differentiate reflux
from colic
symptoms in 4
simple steps

YOU KNOW YOU SHOULD BE ABLE TO TELL THE DIFFERENCE BETWEEN COLIC AND REFLUX.

**CLARITY, NOT CONFUSION,
START HELPING YOUR BABY TODAY.**

Maybe you've already tried everything; rocking, feeding changes, cutting out dairy, but your baby is still crying, unsettled and hard to soothe.

You're stuck in the cycle of second-guessing, hearing conflicting advice and feeling overwhelmed. You've been told it's normal, to just wait it out, but something doesn't sit right, and right now, you're running on empty, desperate for answers that make sense.

What if you could start making sense of your baby's symptoms without Googling at 3am or waiting for another appointment?

What if there was a simple way to tell the difference between colic and reflux, and to take the first step toward helping your baby feel more comfortable?

There is. And it doesn't have to feel clinical or complicated.

Learn to Differentiate Reflux from Colic Symptoms in 4 Simple Steps

Recognise symptoms quickly, understand the key differences so you can take the first step towards supporting your baby's comfort and wellbeing

Let's begin.

S T E P

01

DO YOU HAVE A VERY UNSETTLED NEWBORN?

Before looking at symptoms, pause and look at the bigger picture. If your baby often cries inconsolably, is hard to settle, or seems uncomfortable most of the time, it may be more than just “normal newborn behaviour.”

Recognising that your baby is *very unsettled* is the first step, because these babies often show signs of colic, reflux or both. And when you understand what you're seeing, it becomes easier to know how to help.

You're not overthinking it. You're tuning in, and that matters.

S T E P

02

**DOES YOUR BABY HAVE ANY OF THE
SHARED SYMPTOMS OF COLIC AND
REFLUX?**

Appears to be in pain ☐

Squirms/ agitated ☐

Arches back ☐

Stiff rigid body or arms ☐

Inconsolable crying ☐

Unsettled sleep ☐

S T E P

03

DOES YOUR BABY HAVE ANY OF THE *DISTINGUISHING* REFLUX SYMPTOMS

Vomiting: spits-up, possets after a feed, smells acidic, looks like undigested milk. ☐

Mucous, blood or bile may be present, projectile vomiting or *silent* reflux

Respiratory: gagging, choking, frequent hiccups, nasal congestion, cluster ☐
sneezing, noisy breathing, wheezing, chronic cough, hoarse voice, apnoea
(pauses in breathing)

Poor weight gain, failure to thrive ☐

Symptoms worse lying on back (often relieved by positioning baby upright) ☐

Excessive dribbling/salivation (lots of bubbles around baby's mouth, frequent ☐
swallowing especially when lying on back)

Comforted by a dummy/pacifier: sucking soothes the reflux by increased ☐
saliva

S T E P

04

PUTTING IT ALL TOGETHER

So, if you have a very unsettled newborn, who shows shared symptoms of colic and reflux, as well as distinctive reflux symptoms, it is more likely that your baby has reflux symptoms and not just colic symptoms.

Now that you have more clarity around what might be going on for your baby, you're in the perfect place to take the next step: learning what reflux really is, why it happens, and what you can start doing to help your baby feel more comfortable.

Step

1

ONE

UNSETTLED NEWBORN

Do you have a very unsettled newborn?

YES ☐ NO ☐

Step

2

TWO

SHARED SYMPTOMS

Does your baby have any of the *shared* symptoms of colic and reflux

YES ☐ NO ☐

Step

3

THREE

DISTINGUISHING SIGNS

Does your baby have any *distinguishing* reflux symptoms or signs?

YES ☐ NO ☐

Step

4

FOUR

PUTTING IT ALL TOGETHER

Does your baby have symptoms shared by colic and reflux, PLUS some reflux-specific signs?

☐ YES – It's more likely that reflux (not just colic) is behind your baby's discomfort.

☐ NO – If your baby only shows the symptoms that colic and reflux have in common (without any reflux-specific signs) then reflux is less likely to be the main cause of their distress right now.

THE NEXT STEP



RECOGNISE REFLUX FREE MINI-COURSE

The Recognise Reflux Mini-Course helps mums of very unsettled newborns understand the signs and five causes of reflux, so they can take clear steps toward relief, without the guesswork.

In this free 2-week mini-course, you'll learn how to differentiate between colic and reflux symptoms, uncover the most common causes, and seek the right help for your baby, without the confusion.

>> RECOGNISE REFLUX FREE MINI-COURSE
COMING SOON



ABOUT ME

Hi, I'm Michelle

I help parents calm their very unsettled newborns.

When my first son struggled with colic and reflux, I couldn't find the right support, so I set out to learn everything I could. Today, as an osteopath, I work closely with families to treat unsettled babies and guide them through challenges like birth strain, reflux, oral restrictions, and more.

My online programs share the same calm, practical framework I use in clinic so you don't have to wait and hope your baby will just "grow out of it."

>> RECOGNISE REFLUX FREE
MINI-COURSE COMING SOON

Medical Disclaimer

This resource is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider with any questions you have regarding your baby's health or medical condition. Never delay or disregard medical advice based on information in this guide.