



FÉDÉRATION  
Nourri-  
Source

# THE STRONG EJECTION REFLEX (SER)

## MANIFESTATIONS

The strong ejection reflex, or SER, is a powerful ejection of milk with a very fast flow that is different from one person to another.

### For the mother

Possible nipple pain from the baby trying to reduce milk flow by:

- Pulling on the nipple
- Pinching the lips together
- Biting with the gums



A video on this topic is available on our YouTube channel

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[www.nourri-source.org](http://www.nourri-source.org)



### For the baby

- Often uncomfortable or agitated during feedings
- Withdraws from breast frequently, swallows air and may choke
- Refuses breast or shortens feeding (may affect weight gain)
- Digestive problems such as:
  - Stomach pain
  - Gas
  - Regurgitation more numerous or voluminous
  - Stools can be different

RÉFÉRENCE : LE PETIT NOURRI-SOURCE

7<sup>e</sup>  
édition