FÉDÉRATION Nourri-Source

THE STRONG EJECTION REFLEX (SER)

TO EXPLORE

- **Expressing breastmilk before breastfeeding allows the first reflex (the strongest) to pass. It will be easier for baby to manage the flow**
- **Take a laid-back nursing position such as biological or side lying position due to the gravity that allows the baby to better manage the flow**
- **Taking breaks and burping the baby more often to help improve digestion**

A video on this topic is available on our YouTube channel

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www.nourri-source.org

Don’t forget

- **Symptoms may be associated with other breastfeeding problems**
- **If the situation persists after trying the solutions suggested, seek consult to verify the SER**
- **Other solutions could be considered, but require follow-up with an IBCLC**

RÉFÉRENCE : LE PETIT NOURRI-SOURCE 7e édition