# MY GER JOURNEY

Children's MINNESOTA

At Children's Minnesota, we realize that living with gastroesophageal reflux (GER) can be stressful. The apnea program is here to help. We'll help you learn ways to help manage your baby's condition. Our team is with you every step of the way — if you have a question, big or small, just call.

1 ○

I can tell you about gastroesophageal reflux (GER).

2 ○

I know how to safely use a Danny sling and position my baby.

3 ○

I know ways to lessen the symptoms of GER.

4 ○

I know the signs if my child is getting worse and who to call.

5 ○

I understand that a nurse is available 24/7.

6 ○

I can show you how to assist a choking infant and how to perform CPR on an infant.

7 ○

I can tell you about my baby's GER treatment plan.

Notes:

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