

DE ONRUSTIGE BABY

JULIE CROUSEN - OSTEOPAAT

WAAR GAAN WE HET OVER HEBBEN?

1. Wie ben ik?
2. Onrustige baby
3. Wetenschap
4. Waarom is dit belangrijk?
5. Mogelijke oorzaken
6. Wat te doen?



WIE BEN IK?

Moeder

Op zoek naar de wortels van gezondheid

Osteopaat

Hoe kunnen we kinderen laten "thrive"

Traumasensitief handelen

Invloed op samenleving



WAT IS EEN ONRUSTIGE BABY?

Huilbaby's

Slaapproblemen

Overstrekken

Voedingsproblemen

Onrust

Eczeem

(Voorkeurshouding)



DE WETENSCHAP

“Normaal” huilgedrag

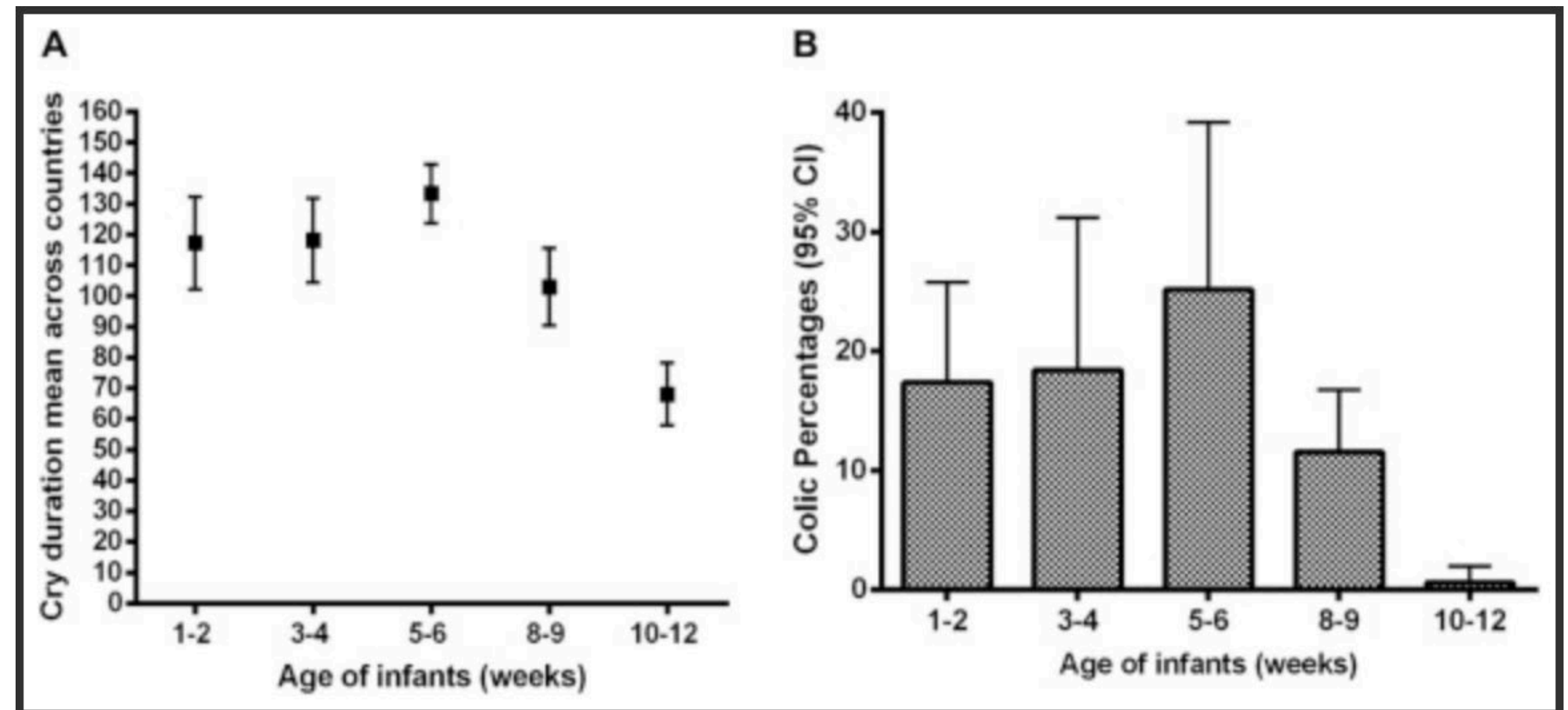
Prevalentie

Huilbaby - definitie

Wessel's vs Rome IV criteria

“Colic”

Historisch perspectief



Wolke D, Bilgin A, Samara M. Systematic Review and Meta-Analysis: Fussing and Crying Durations and Prevalence of Colic in Infants. *J Pediatr.* 2017 Jun;185:55-61.e4. doi: 10.1016/j.jpeds.2017.02.020.



GOOD HOUSEKEEPING MAGAZINE—THE HOME DIRECTORY 31



Baby Pieper
Hartford, Conn.

"RAISED ON IT"

Don't Wait Too Long Before You Wean the Baby

IF YOU do the little one is likely to be weak and anemic. Mother's milk is, of course, the best food for young babies, but the time comes when it isn't sufficient for the fast-growing body. Doctors say that this is when the baby is about six months old. That's the time to begin using NESTLÉ'S FOOD, because NESTLÉ'S is so like mother's milk that the tiny stomach won't notice the difference.

At about the sixth month, then begin to give the baby NESTLÉ'S once a day in place of a nursing; then gradually increase the NESTLÉ'S until by the seventh or eighth month the baby is entirely weaned. Thus your baby will pass the most critical period of its babyhood, and not even notice it.

Don't tax the little stomach by changing abruptly to cow's milk. Milk as it comes from the cow, so often full of germs and heavy with indigestible curds, is not the food for a little baby; but cow's milk contains something life-giving that nothing else will supply and is the ideal food for the baby after it has been purified and made digestible. That requires a long, patient, scientific process which is all done for you in NESTLÉ'S FOOD.

NESTLÉ'S FOOD is the nearest thing in the world to mother's milk. It is the richest cow's milk from our own sanitary dairies, with the proteids made digestible and the sugar and fats rightly proportioned—all under scientific direction. And this splendid triumph of care and science comes to you as a powder. All you do is to add water and boil two minutes to make it ready for the baby—a bone-building, muscle-building, delicate and satisfying Food.

The coupon brings you a trade-size package of NESTLÉ'S FOOD free, so that you can see for yourself what other mothers have learned for forty years that NESTLÉ'S is the best substitute for mother's milk.

HENRI NESTLÉ, 70 Chambers St., New York. Please send me, free, your book and trial package.

Name _____
Address _____

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A MOTHER'S KISS

Is Not Half So Soothing to
Baby as

Mrs. Winslow's Soothing Syrup

As Millions of Mothers
Will Tell You

*It Soothes the Child.
It Softens the Gums.
It Allays all Pain.
It Cures Wind Colic.
It is the Best Remedy for Diarrhoea*



WAAROM IS DIT BELANGRIJK?

Korte termijn

- + kans postpartum depressie
- Vroegtijdig stoppen borstvoeding
- Shaken baby syndrome



WAAROM IS DIT BELANGRIJK?

Lange termijn

- Gedrag/emotie-regulatie
- Migraine
- Buikpijn



MOGELIJKE OORZAKEN

- Maag/darm-oorzaken
- Neurologische ontwikkelingsfactoren
- Invloed bevalling
- Psychosociale factoren
- Ernstige onderliggende oorzaken



MOGELIJKE OORZAKEN

Ernstige onderliggende oorzaken!

MOGELIJKE OORZAKEN

Maag/darm-oorzaken

- koemelkallergie — CMPA/CMPI en lactose intolerantie
- reflux
- “krampjes”
- hormonale factoren

MOGELIJKE OORZAKEN

Koemelkallergie

- Verschil melkeiwitten en melksuikers (lactose)

- Prevalentie:

Hygiene hypothese en Epithelial Barrier hypothese

- Flesvoeding vs borstvoeding

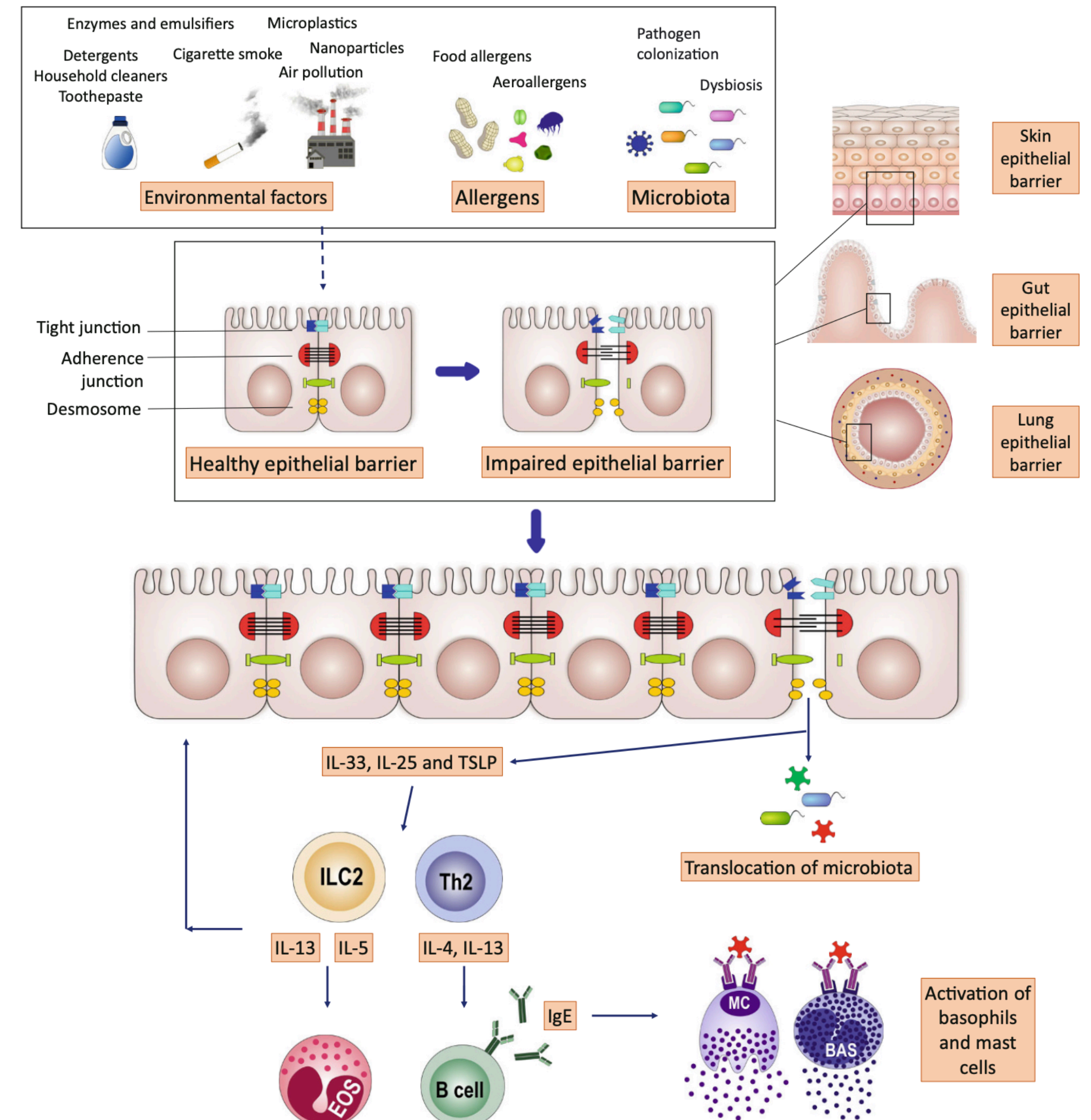


Fig. 2 Immune response to the epithelial barrier damage. Environmental factors, allergens and microbiota composition affect epithelial barrier function. A disrupted skin barrier eases the entry of allergens and activates the innate immune response. Damaged epithelial cells produce alarmins such as IL-25, IL-33, and TSLP, followed by activation of ILC2 and Th2.

Activated cells induce type 2 skewing and IgE production by B cells. Type 2 cytokines and degranulation of mast cells exacerbate the inflammation and further attenuate barrier function. *ILC* innate lymphoid cell, *EOS* eosinophil, *MC* mast cell, *TSLP* thymic stromal lymphopoietin

MOGELIJKE OORZAKEN

Koemelkallergie

- Atopie ouders
- IgE of niet-IgE
- Soja

Allergy can be IgE-mediated and non-IgE-mediated ^{3,4}		
	IgE-mediated	Non-IgE-mediated
Immunology	Raised levels of IgE antibodies Skin-prick tests – large weals	Diagnostic tests are usually negative
Time to onset of reaction after ingestion	<1 hour (immediate)	>24 hours (delayed)
Amount of milk required to trigger reaction	Small	Large
Assessment	Detailed medical history + Skin prick test OR serum specific IgE testing	Dietary elimination+/- oral food allergen challenge

Box 1. Signs and symptoms of possible food allergy as set out by NICE in Clinical Guideline 116¹

IgE mediated	Non-IgE mediated
Skin	
<ul style="list-style-type: none"> • Pruritus • Erythema • Acute urticaria (localised or generalised) • Acute angioedema (most commonly in the lips and face, and around the eyes) 	<ul style="list-style-type: none"> • Pruritus • Erythema • Atopic eczema
Gastrointestinal system	
<ul style="list-style-type: none"> • Angioedema of the lips, tongue, and palate • Oral pruritus • Nausea • Colicky abdominal pain • Vomiting • Diarrhoea 	<ul style="list-style-type: none"> • Gastro-oesophageal reflux disease • Loose or frequent stools • Blood and /or mucus in the stools • Abdominal pain • Infantile colic • Food refusal or aversion • Constipation • Perianal redness • Pallor and tiredness • Faltering growth plus one or more gastrointestinal symptoms above (with or without significant atopic eczema)
Respiratory system (usually in combination with one or more of the above symptoms and signs)	
<ul style="list-style-type: none"> • Upper respiratory tract symptoms (nasal itching, sneezing, rhinorrhoea, or congestion, with or without conjunctivitis) • Lower respiratory tract symptoms (cough, chest tightness, wheezing, or shortness of breath) 	
Other	
<ul style="list-style-type: none"> • Signs or symptoms of anaphylaxis or other systemic allergic reactions 	

Walsh J, Meyer R, Shah N, Quekett J, Fox AT. Differentiating milk allergy (IgE and non-IgE mediated) from lactose intolerance: understanding the underlying mechanisms and presentations. *Br J Gen Pract.* 2016 Aug;66(649):e609-11. doi: 10.3399/bjgp16X686521. PMID: 27481986; PMCID: PMC4979917.

MOGELIJKE OORZAKEN

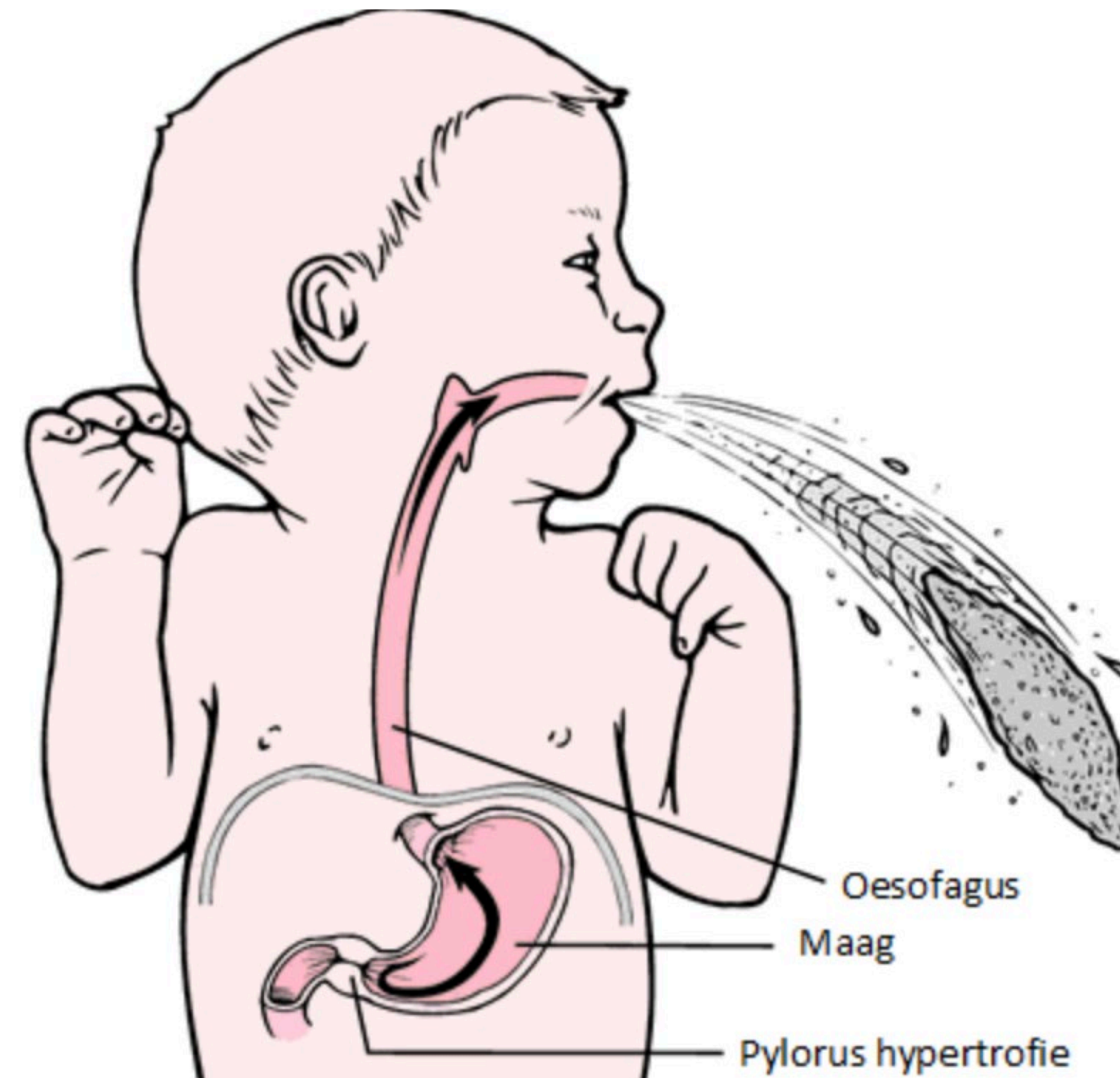
Lactose intolerantie

- Lactase
- Prematuren
- Fysiologische lactose malabsorptie: diarree, opgezet buikje
- Secundair; na ziek zijn/KMA

MOGELIJKE OORZAKEN

Reflux en GERD

- Verschil fysiologie en pathologie
- Projectielbraken
- Pylorushypertrofie
- De hik



MOGELIJKE OORZAKEN

“Krampjes”

- Vaak genoemd als oorzaak
- Ontwikkeling darmflora daarin belangrijk
- Microbioom

MOGELIJKE OORZAKEN

Microbioom

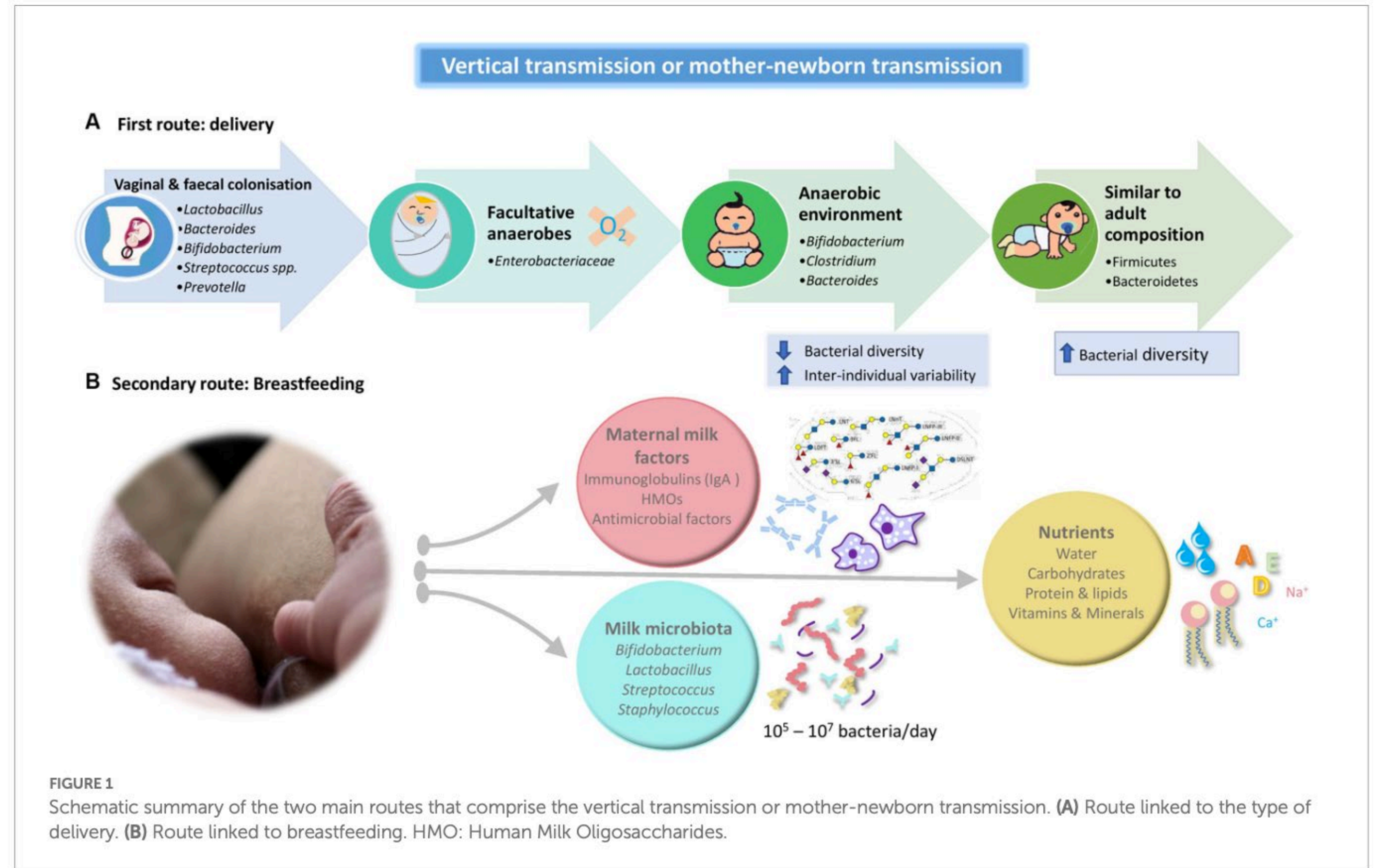
“sterile womb”

of

“in-utero colonization

hypothesis”

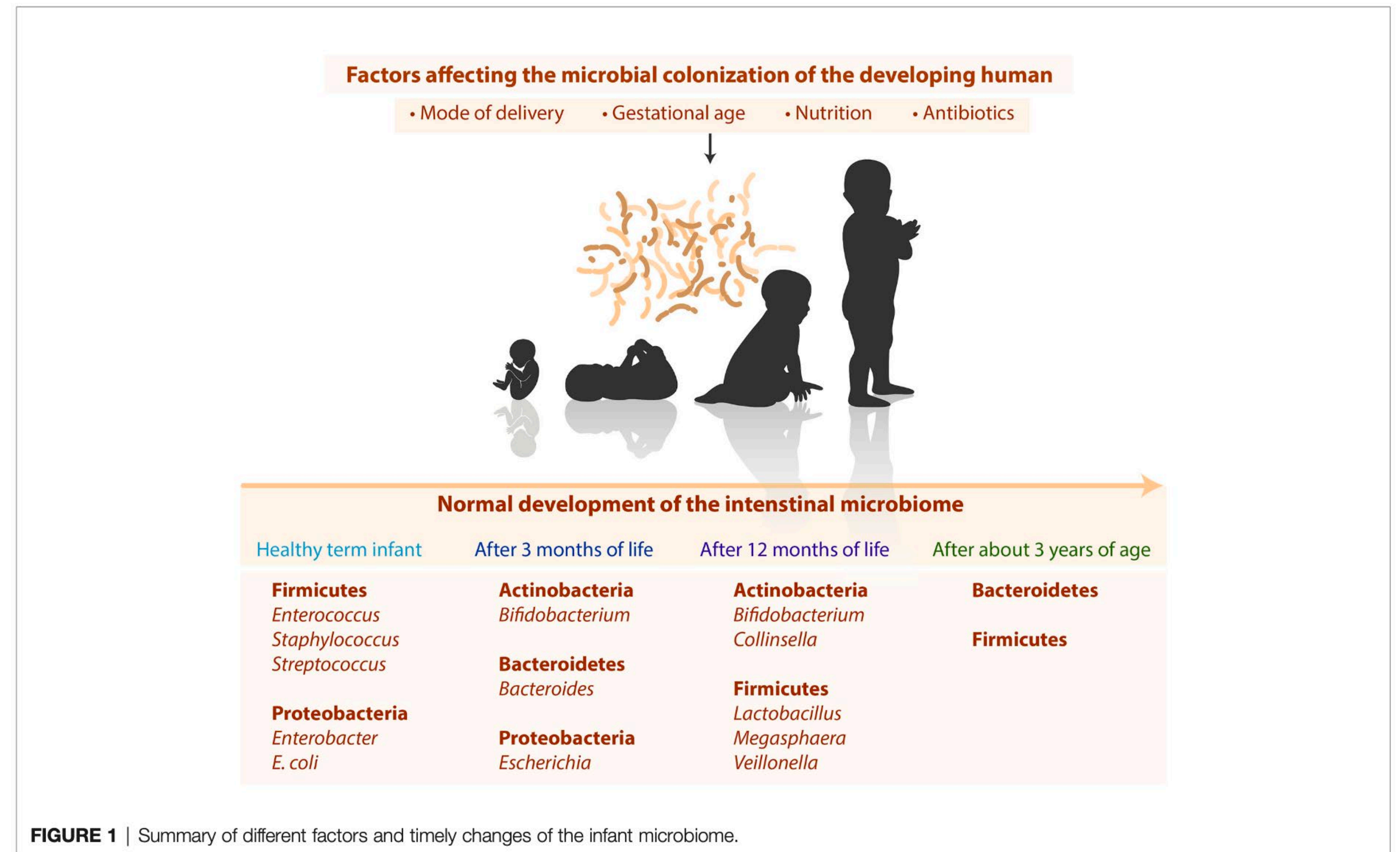
“microbial priming”



Suárez-Martínez C, Santaella-Pascual M, Yagüe-Guirao G and Martínez-Graciá C (2023) Infant gut microbiota colonization: influence of prenatal and postnatal factors, focusing on diet. *Front. Microbiol.* 14:1236254. doi: 10.3389/fmicb.2023.1236254

MOGELIJKE OORZAKEN

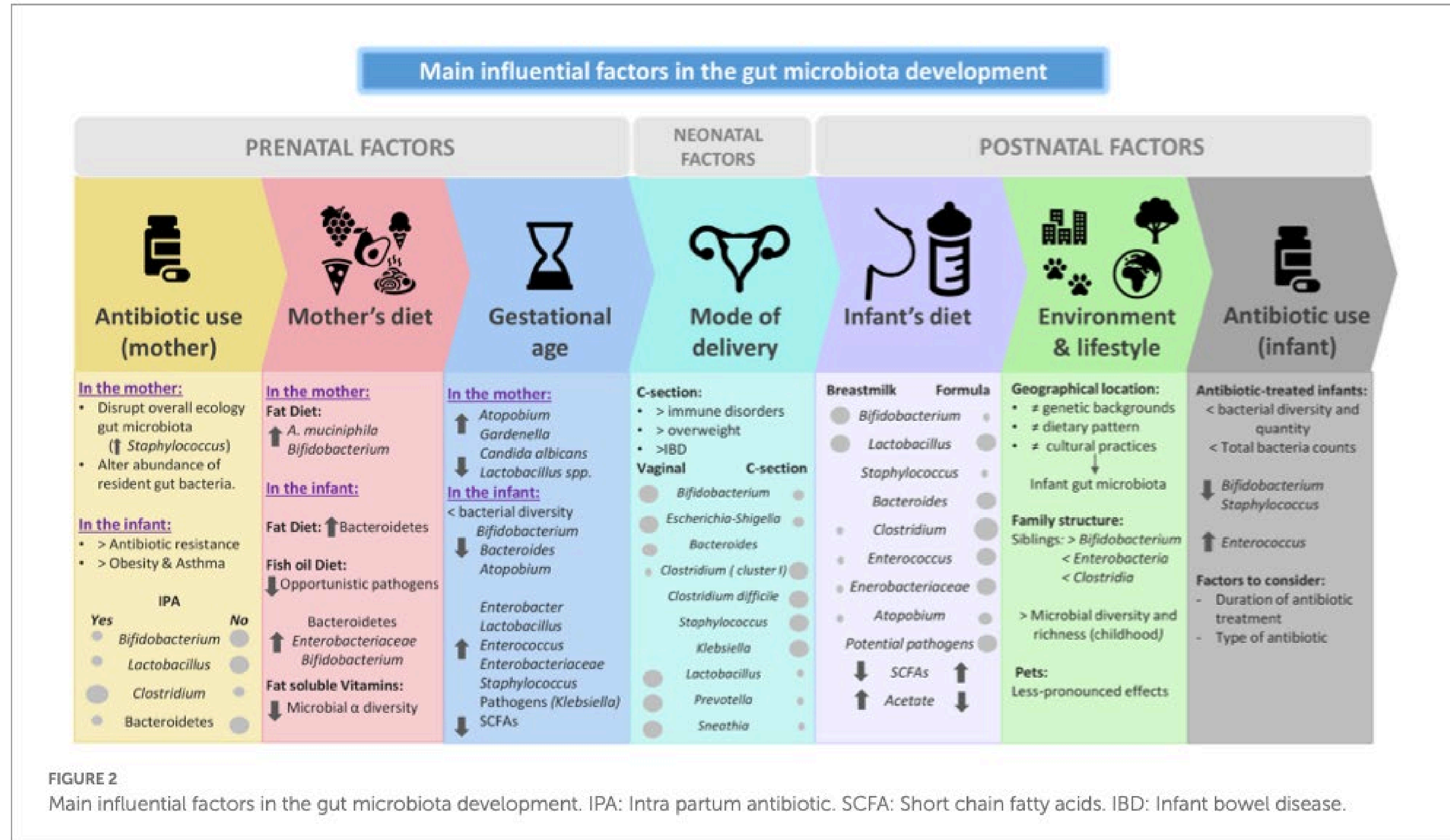
Microbioom



Senn V, Bassler D, Choudhury R, Scholkmann F, Righini-Grunder F, Vuille-dit-Bille RN and Restin T (2020) Microbial Colonization From the Fetus to Early Childhood—A Comprehensive Review. *Front. Cell. Infect. Microbiol.* 10:573735. doi: 10.3389/fcimb.2020.573735

MOGELIJKE OORZAKEN

Microbioom



Suárez-Martínez C, Santaella-Pascual M, Yagüe-Guirao G and Martínez-Graciá C (2023) Infant gut microbiota colonization: influence of prenatal and postnatal factors, focusing on diet. *Front. Microbiol.* 14:1236254. doi: 10.3389/fmicb.2023.1236254

MOGELIJKE OORZAKEN

Hormonale factoren

- Serotonine
- Melatonine
- Motiline
- Ghreline

MOGELIJKE OORZAKEN

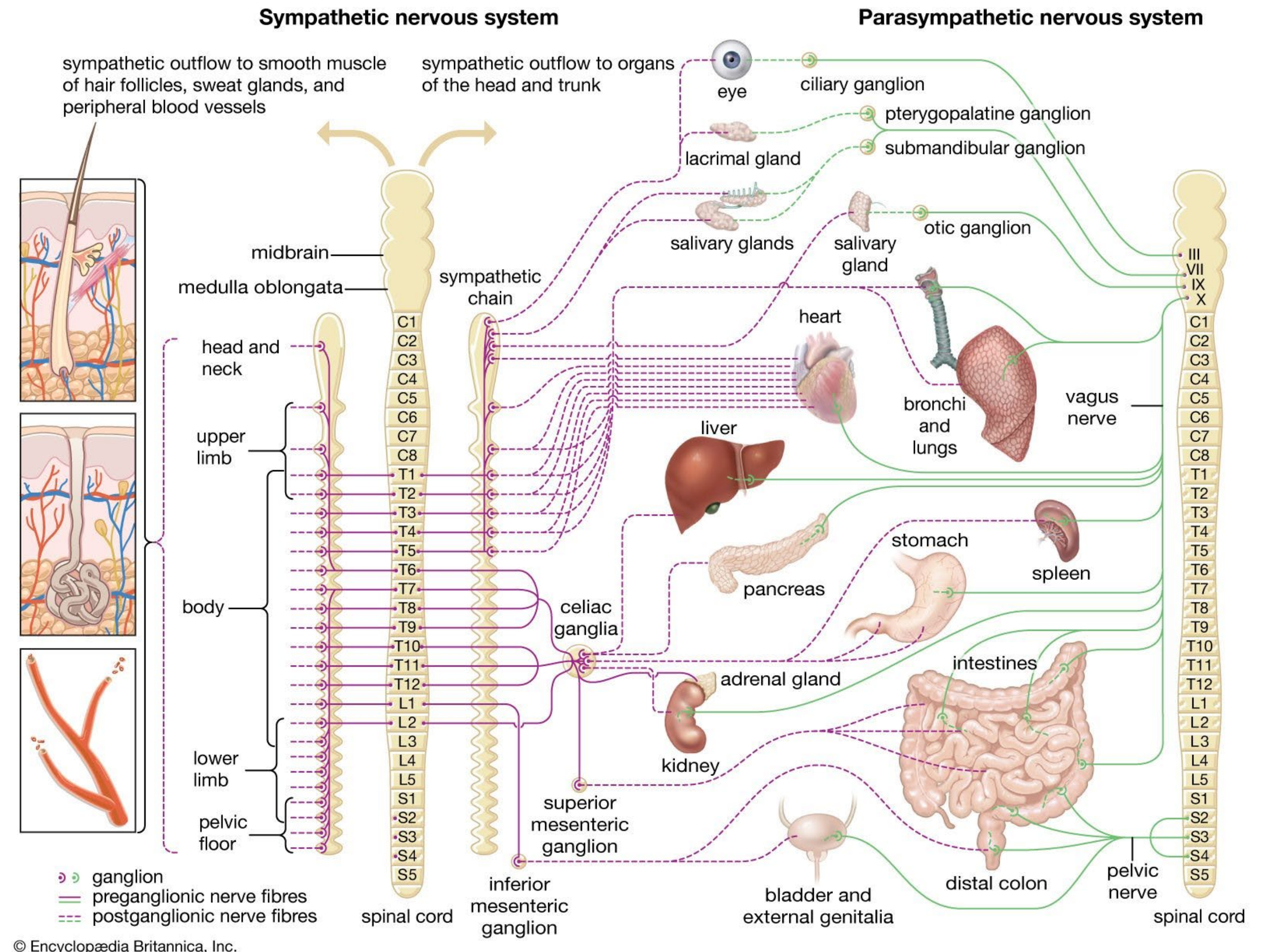
Neurologische ontwikkeling factoren

- Regulatie-probleem
- Pijnsysteem?
- Autonome zenuwstelsel: polyvagale theorie; hechting
- Pre maturiteit en maturatie van het AZS

MOGELIJKE OORZAKEN

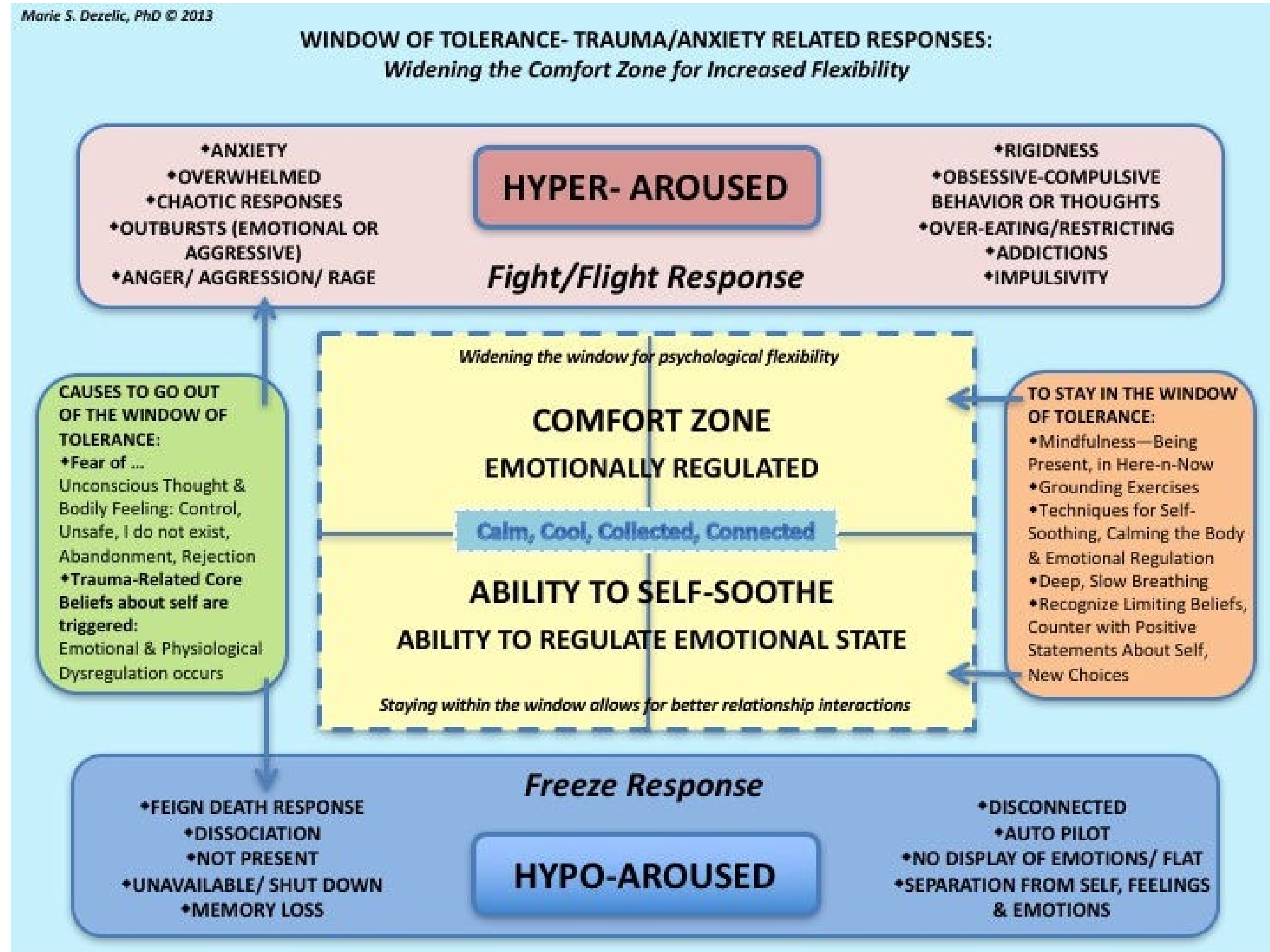
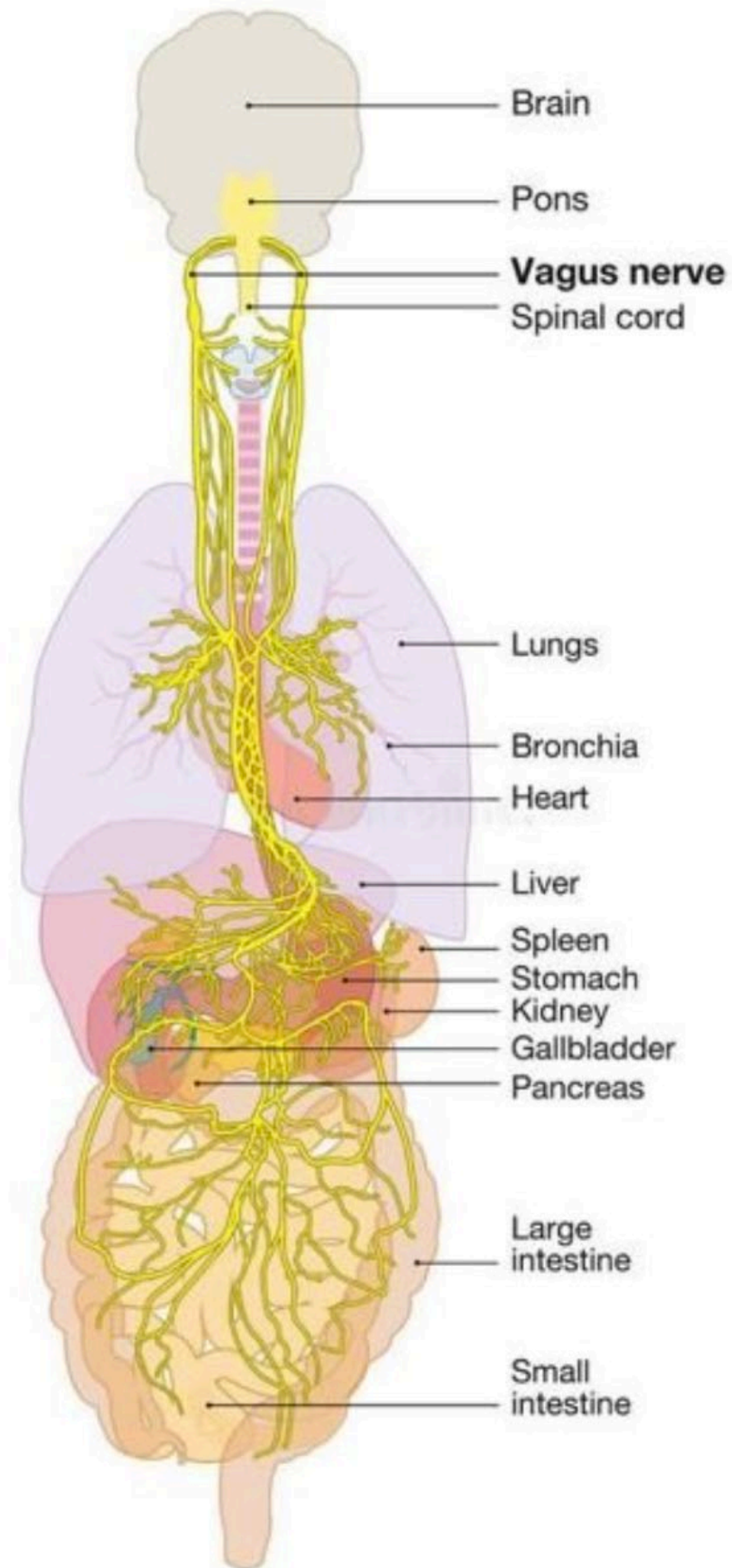
Autonome zenuwstelsel

- Sympaticus vs parasympaticus

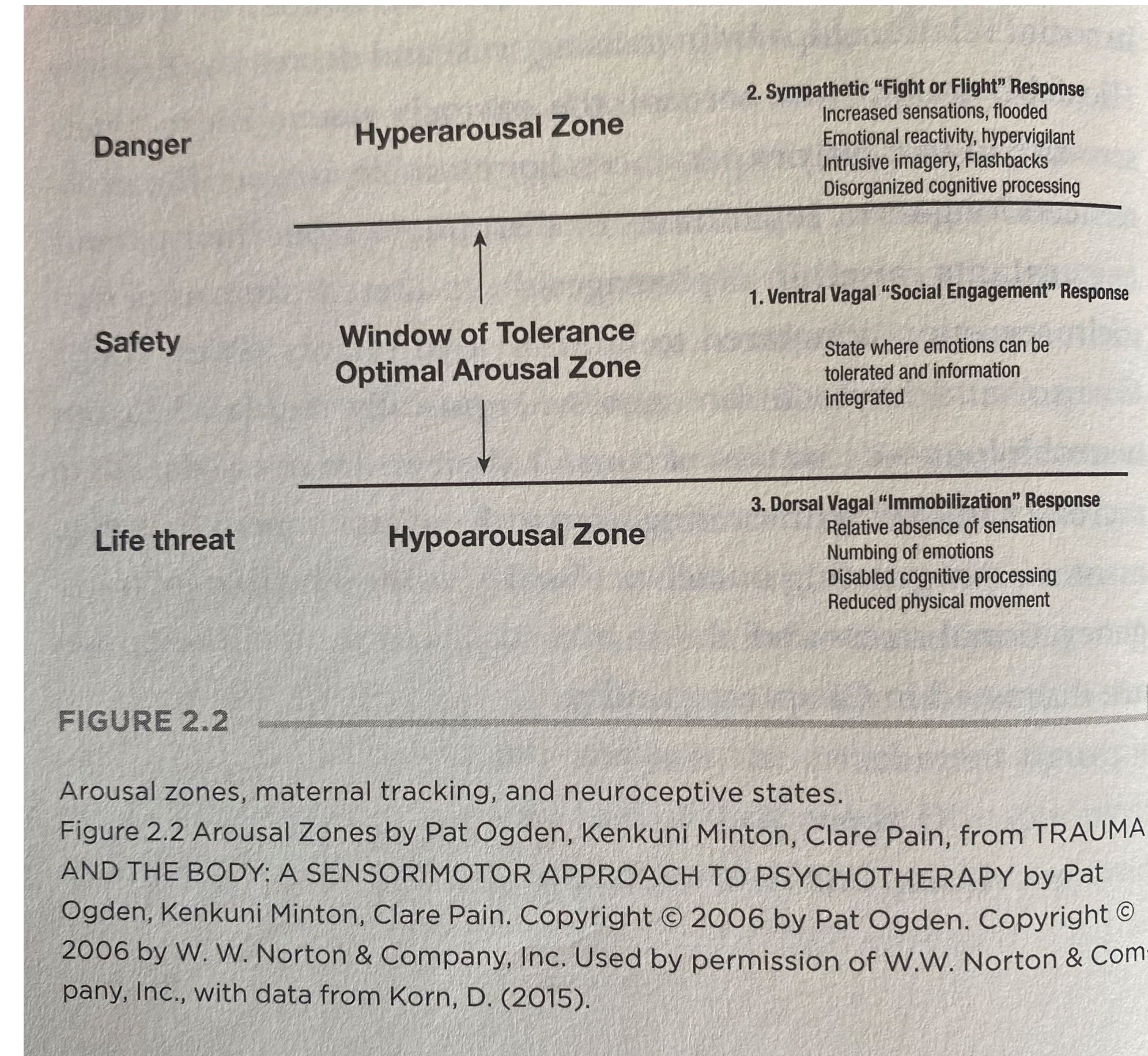
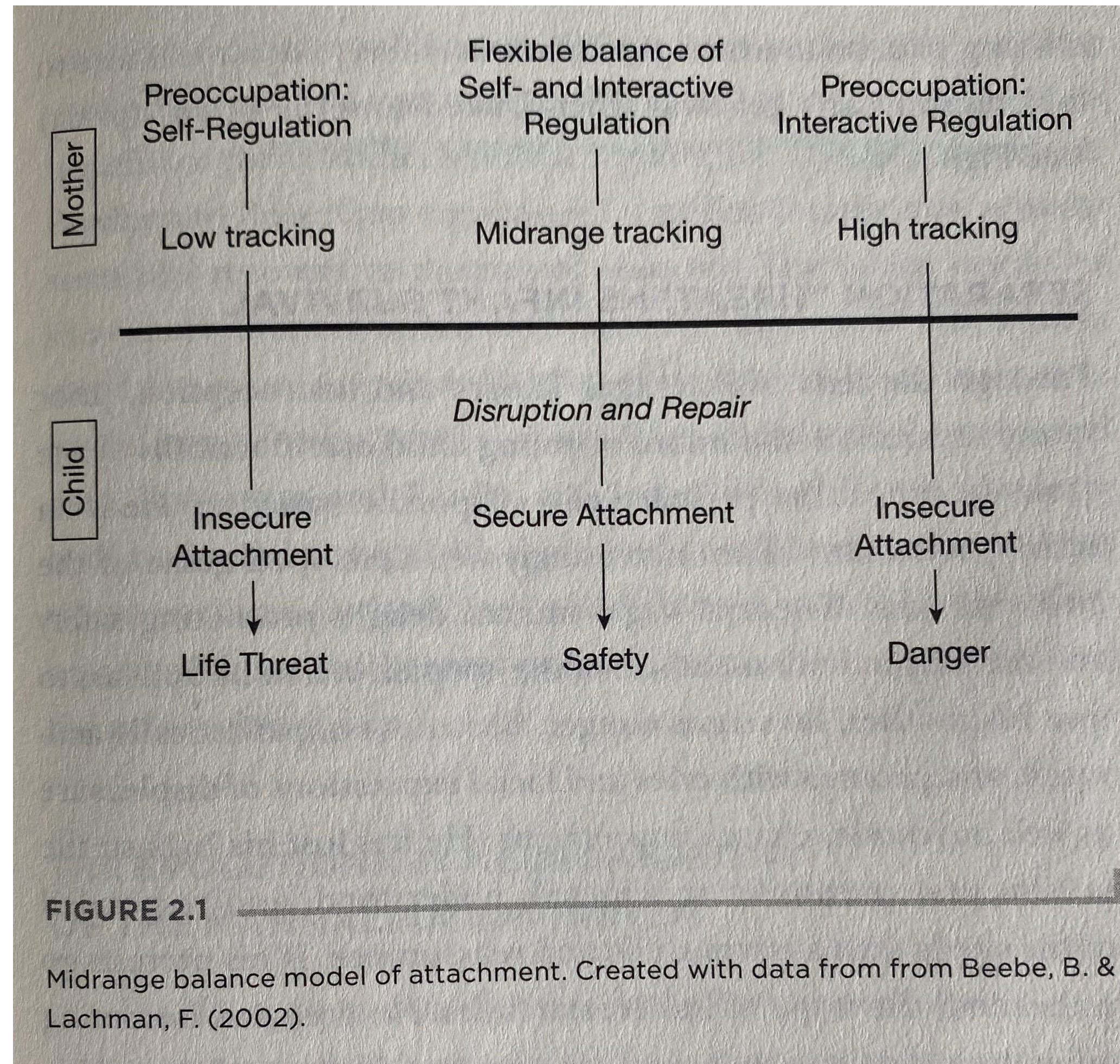


MOGELIJKE OORZAKEN

- n. vagus:
bij baby
en
bij ouders!



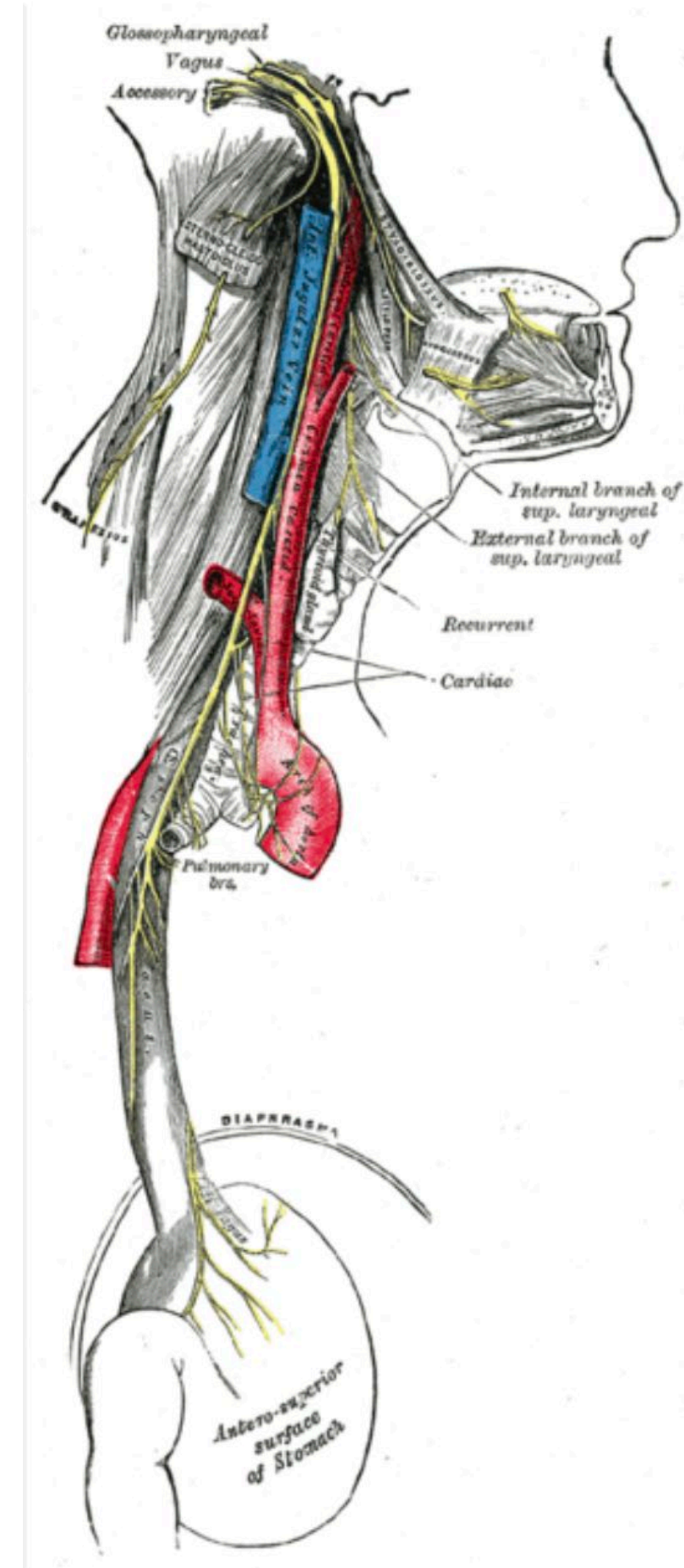
MOGELIJKE OORZAKEN



MOGELIJKE OORZAKEN

Anatomie:

- Hersenstam
- Foramen jugulare
- Keel/larynx
- Bovenste thorax opening
- Middenrif



MOGELIJKE OORZAKEN

Invloed bevalling op baby

- Vacuum
- Keizersnede
- Somatisch
- Psychologisch: zie andere masterclass!
- “Trauma is stored in the body” - Bessel van der Kolk

MOGELIJKE OORZAKEN

Psychosociale factoren

- Stress tijdens/na zwangerschap
- Anxiety
- Gestational age

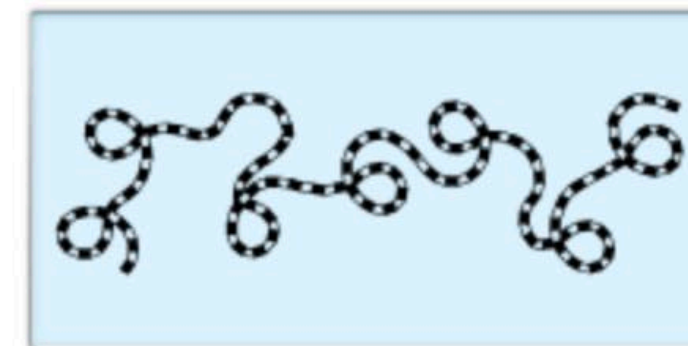


WAT TE DOEN?

WAT TE DOEN?

Meest evidence based interventie:

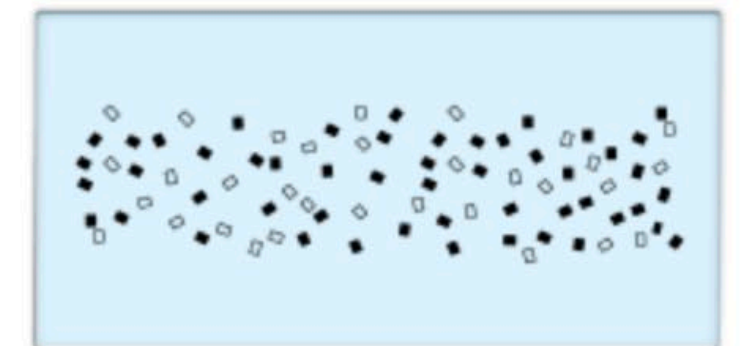
- Probiotica
- Dieet/aanpassing voeding
- Lactatiekundige
- Flesvoeding: kijken, ruiken, voelen, reguleren



Volledige eiwitten in koemelk
of in gewone flesvoeding



Kleine fragmenten in een intensief
gehydrolyseerde flesvoeding, bv.
Nutramigen met LGG®



Individuele aminozuren in flesvoeding
op basis van aminozuren bv.
Nutramigen PURAMINO

WAT TE DOEN?

Bewustwording

Informereren

- preventief; voor de geboorte al bespreken
- wees bewust van effect; ook negatief

WAT TE DOEN?

Inbakeren

Dragen en zingen

Massage



WAT TE DOEN?

Medicatie

- Weinig bewijs vs placebo
- Simeticon: Sab Simplex of Infacol
mix van dimethicon (E900) en silica (kwarts)



WAT TE DOEN?

Complementaire behandelingen

- lichaamsgerichte therapieën
- reflexologie
- kruiden preparaten
- acupunctuur
- natuurgeneeskunde



WAT TE DOEN?

- Hoe zijn ouders opgevoed?
- Hoe was hun eigen kindertijd?
- Hoe is hun eigen hechting?
- Boek Aletha Solter - oefeningen

*"Good parenting doesn't
come naturally,
what comes naturally
is to parent
the way we were parented"*

Allan Shore

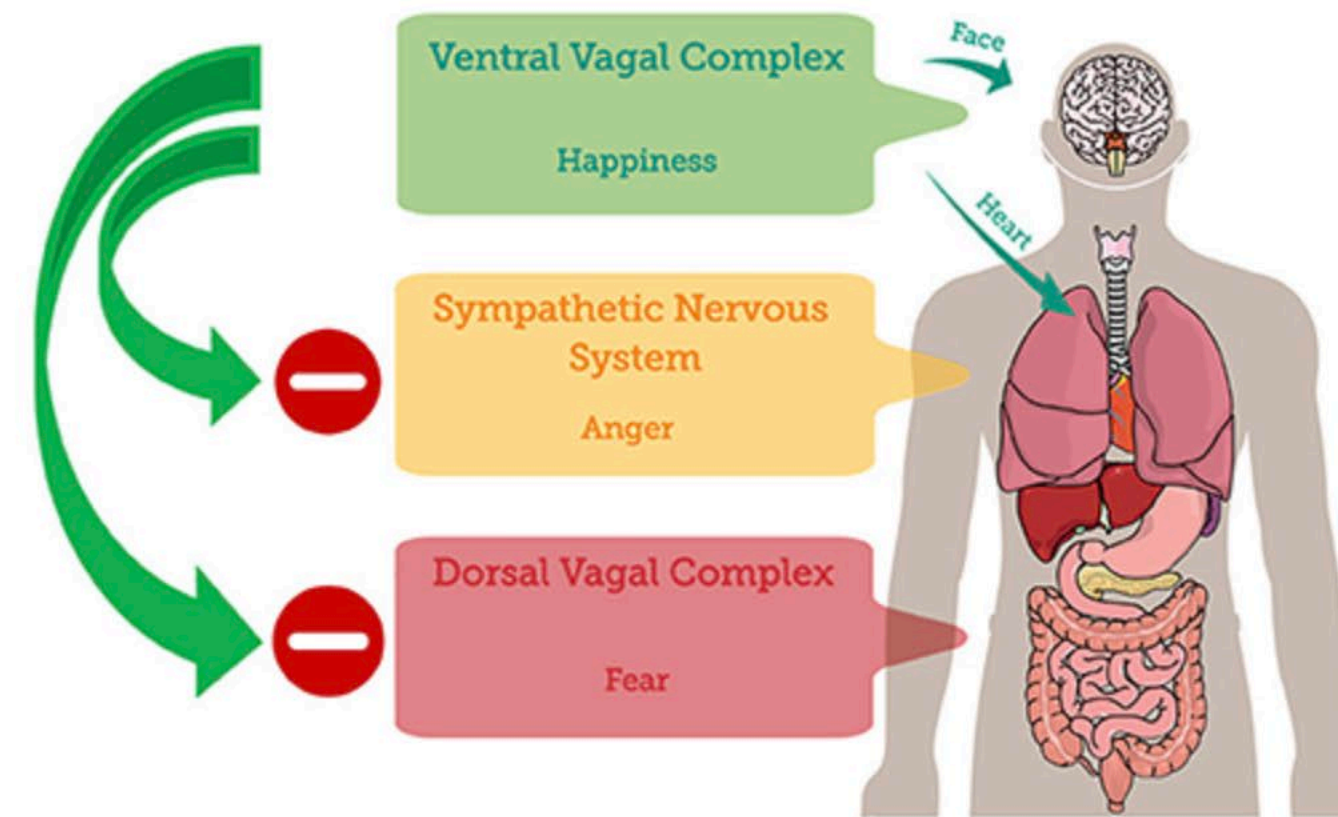
WAT TE DOEN?

Poly-vagal theory; implicaties

- vagus oefeningen; ouders
- Thomas Harms

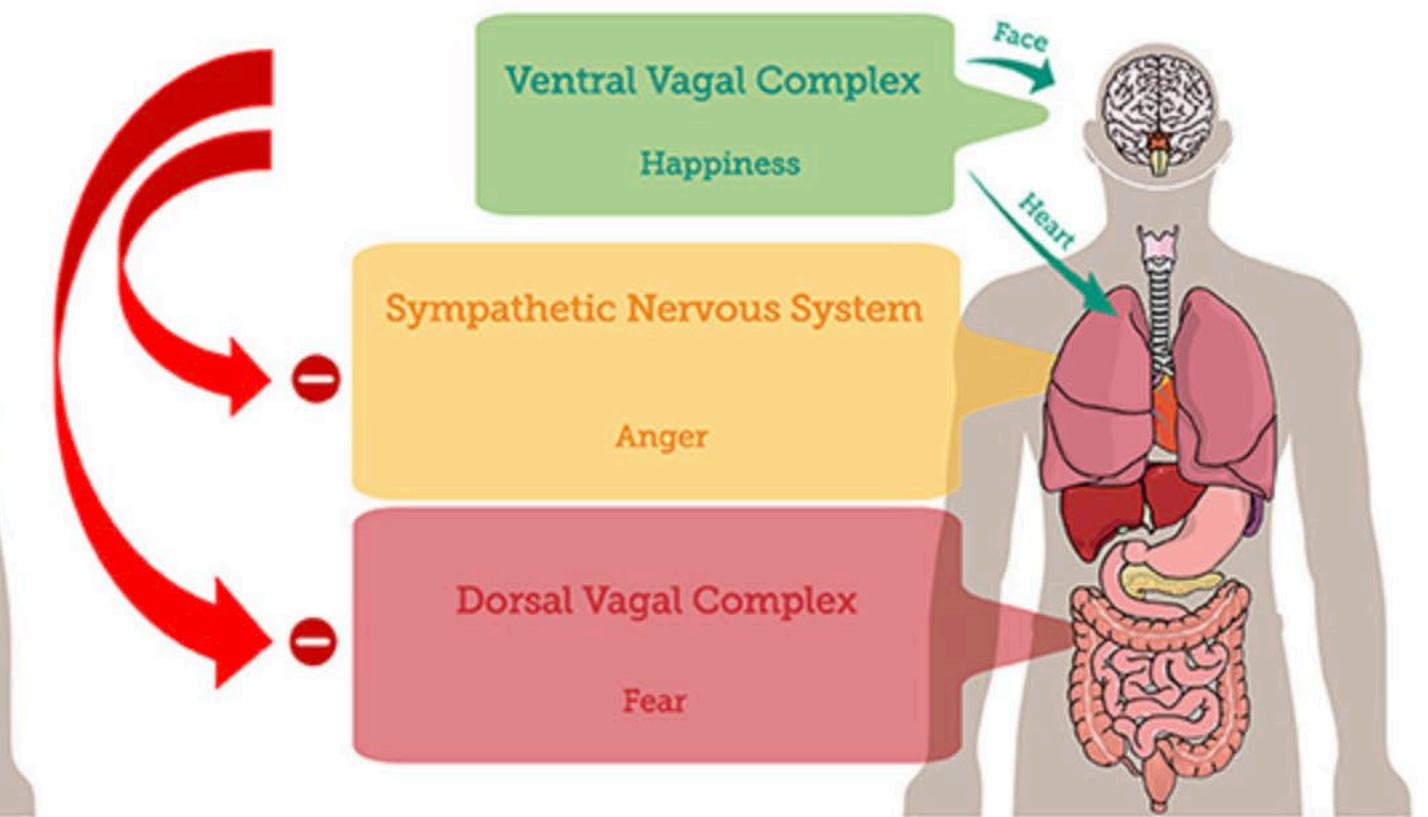
Presence of safety during the critical period

Decreased unmyelinated/myelinated cardioinhibitory fibers ratio in adulthood



Absence of safety during the critical period

Increased unmyelinated/myelinated cardioinhibitory fibers ratio in adulthood



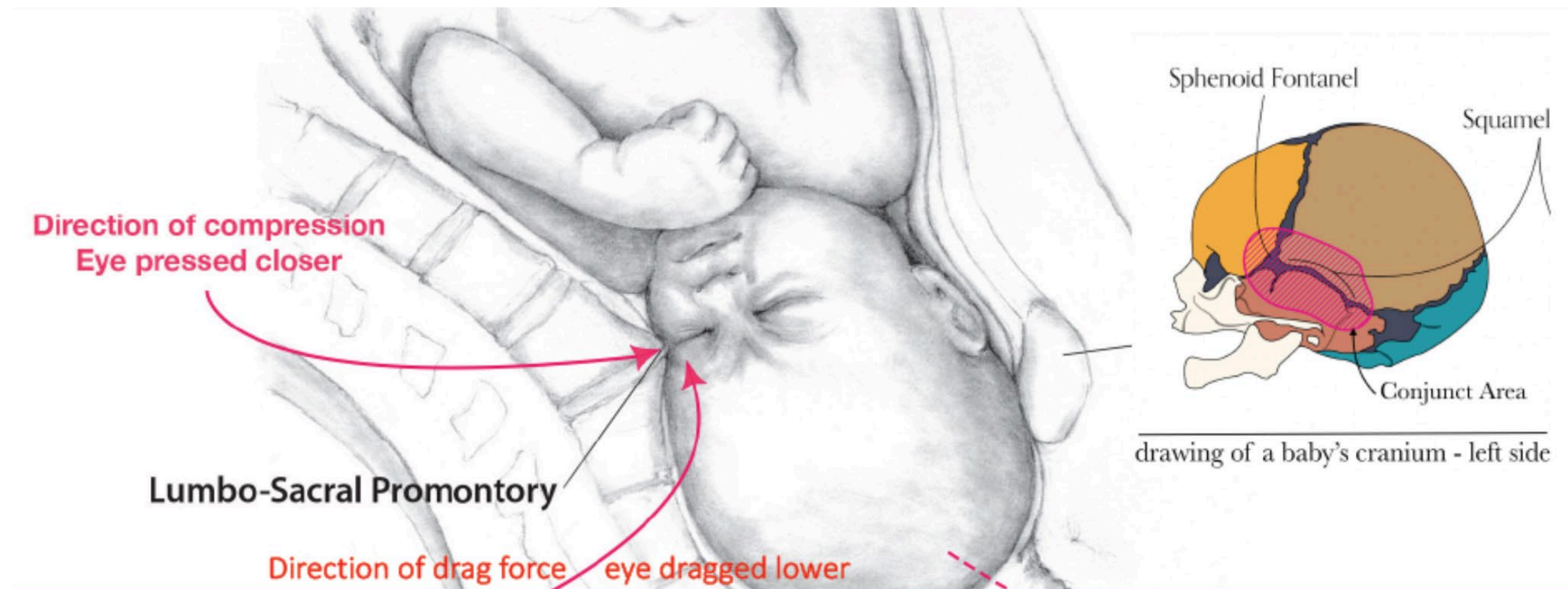
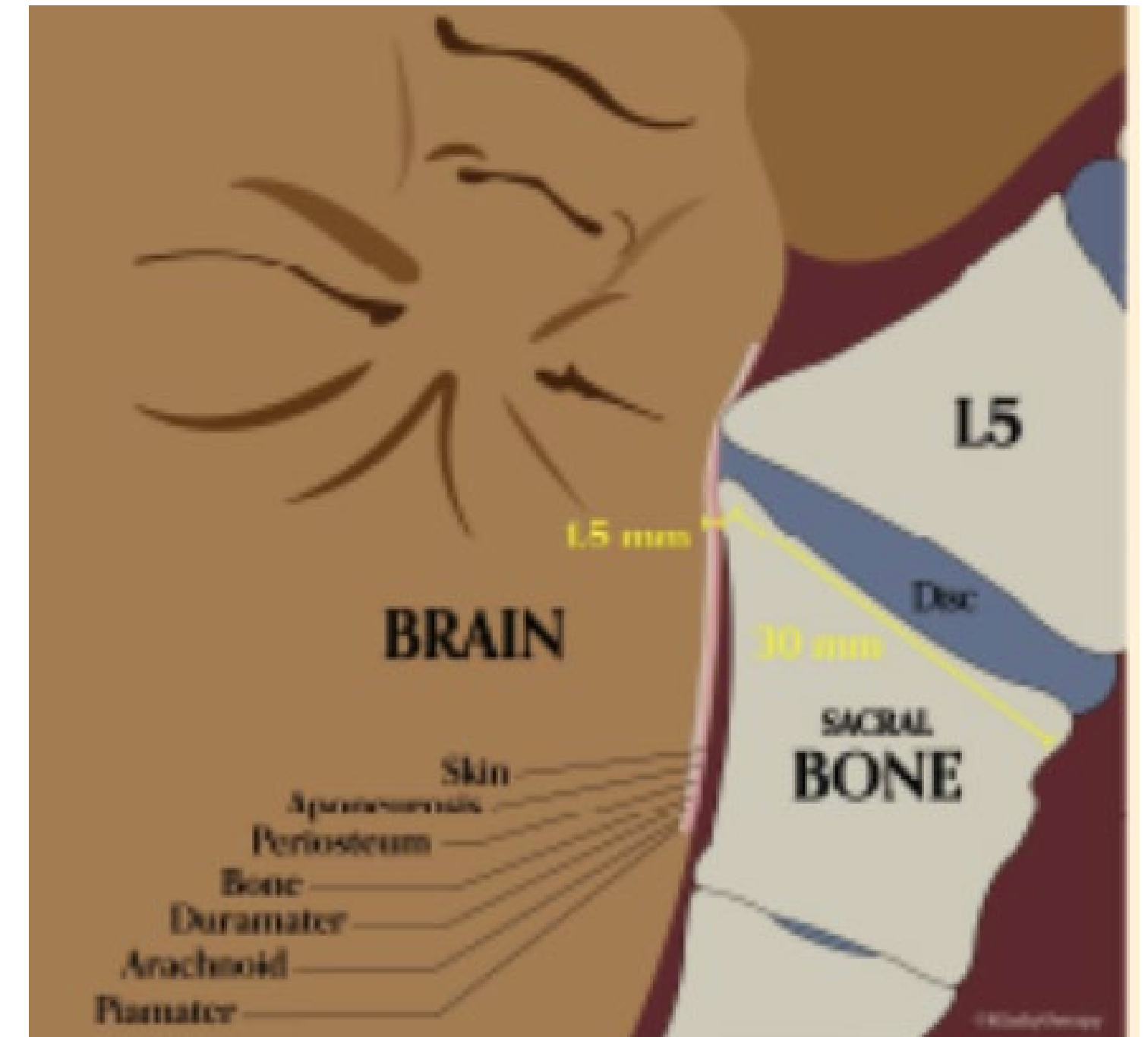
WAT TE DOEN?

Impliciete herinnering; in weefsel

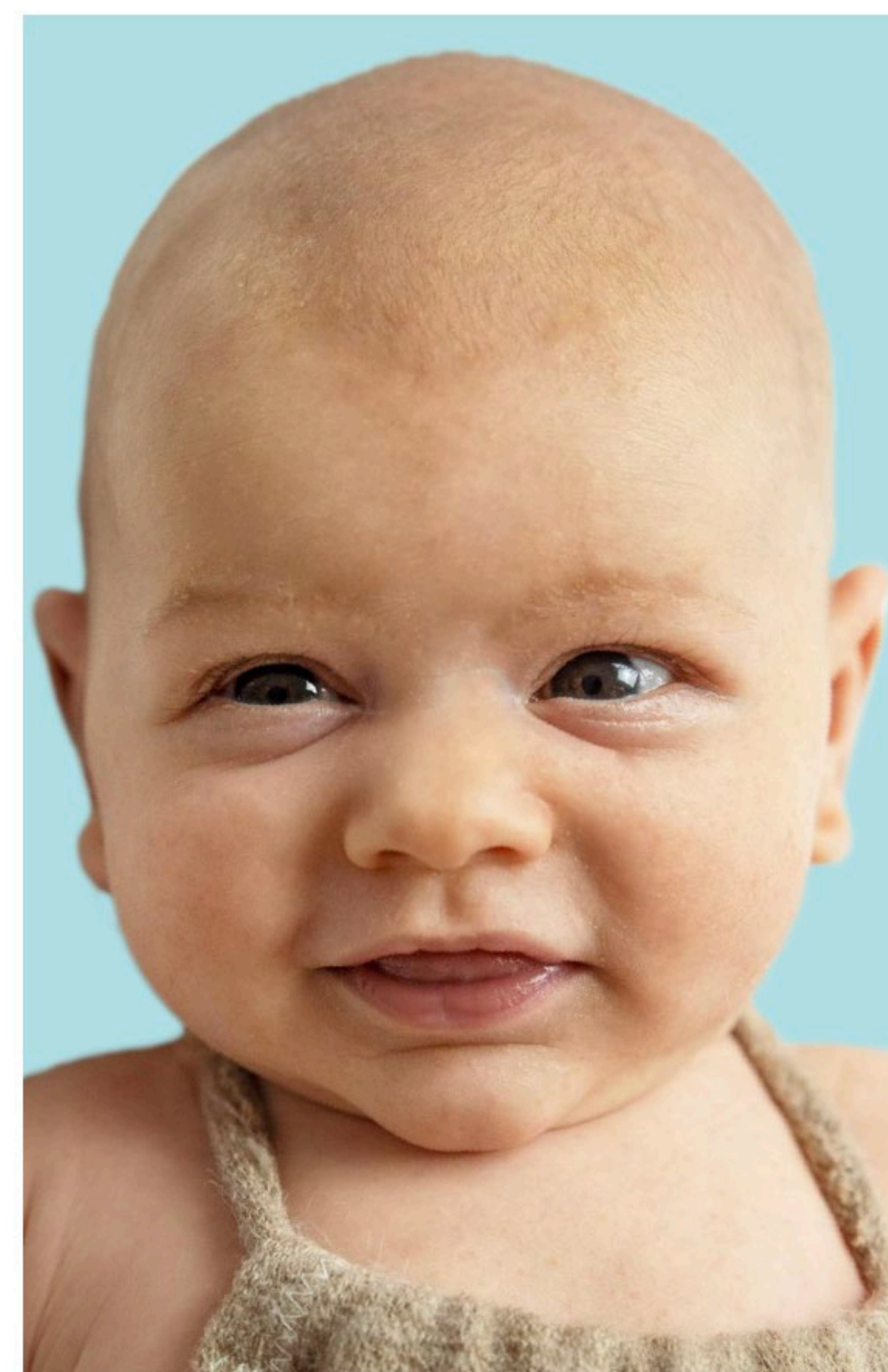
Birth mask; wat kunnen we zien?

BBL; Baby Body Language

Acurate empathie



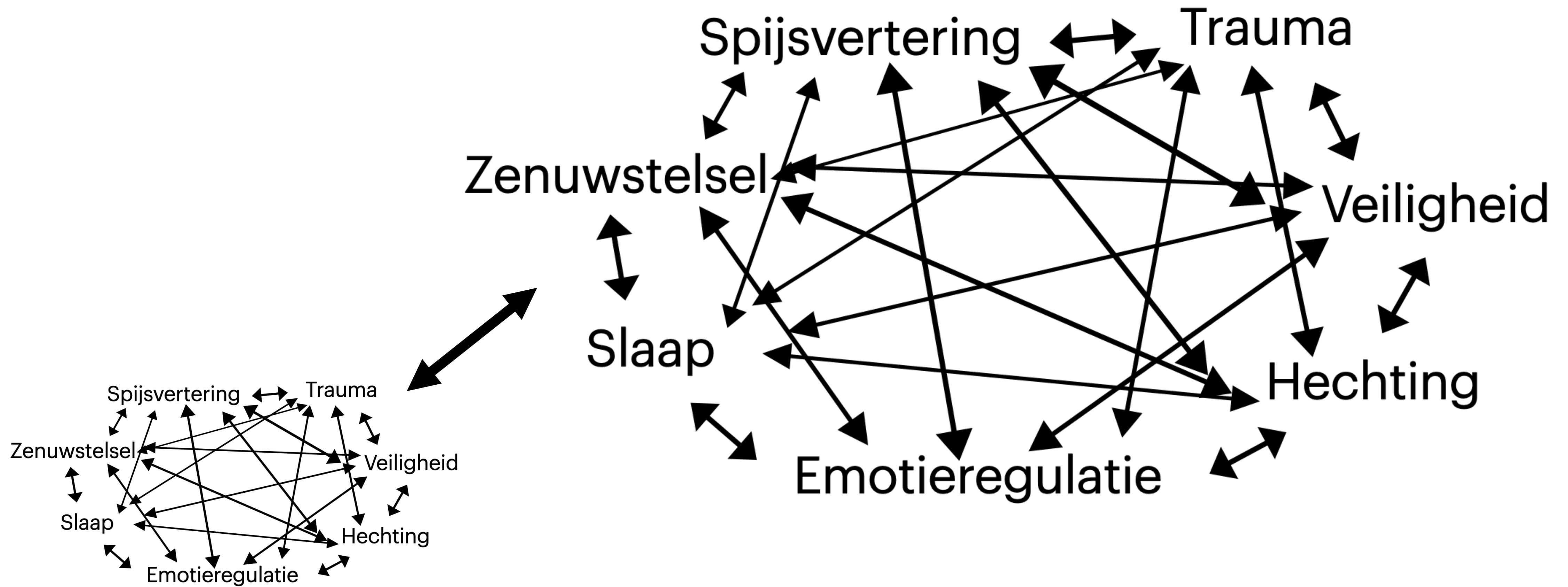
WAT TE DOEN?



WAT TE DOEN?



“het holistisch model van de baby lekker in zijn vel”



NEEM MEE NAAR HUIS

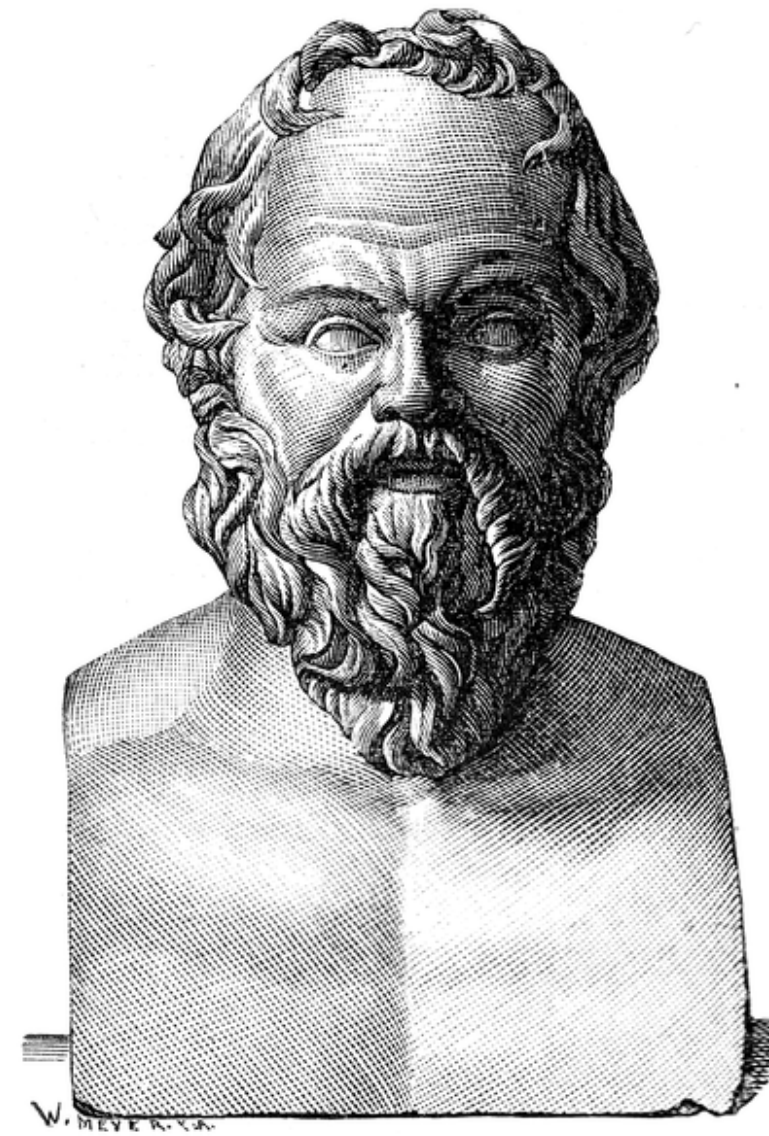
Besteed op tijd aandacht aan: eigen kindertijd,
verwachtingen en netwerk

Informeer

Luister en zet ouders in hun kracht

Geef het goede voorbeeld





“WARE KENNIS BESTAAT ERIN TE WETEN DAT
MEN NIETS WEET”

- SOCRATES -

VRAGEN?

JULIE CROUSEN - SEPTEMBER 2024

