This fun activity book has been designed to help children with GERD, their siblings and their friends to better understand what it’s like to live with GERD. The Children's Digestive Health and Nutrition Foundation is eager to provide parents and kids with information and handy educational tools about gastroesophageal reflux disease.

We hope you enjoy meeting Gerdie and her friends.

For more information about Pediatric GERD, visit our websites at:
www.cdhnf.org
www.KidsAcidReflux.org
www.TeensAcidReflux.org

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THIS IS MY CLASSROOM AND MY TEACHER, PROFESSOR GUTSY. HE TOLD ME ALL ABOUT GERD.

GERD MEANS THAT SOMETIMES STUFF IN MY STOMACH MIGHT COME BACK UP. I MIGHT BURP A LOT OR FEEL KIND OF YUCKY WHEN THAT HAPPENS.
Since I have GERD, I have to be careful when I eat and pick foods that don’t make me feel sick. I should also eat smaller meals and more often.

It’s recess time and we want to play.
EVEN THOUGH I HAVE GERD, I STILL HAVE A LOT OF FUN.

MY FRIENDS ARE REALLY COOL ABOUT MY GERD. THIS IS ASTRO.
THIS IS LEVI.
HE'S MY BEST FRIEND.

AND THIS IS MAC.
Sometimes my mom gives me medicine for my GERD, and that makes me feel better.

This is my friend, Tom.
THIS IS MY SISTER, SOPHIE.
SHE REMINDS ME NOT TO EAT BEFORE
Children's Digestive Health and Nutrition Foundation

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