

Some symptoms that might indicate GORD include

- Frequent episodes of spitting up after feeding, which may include forceful regurgitation through the nose
- Fussy feeding, when the baby takes a small amount hungrily, then cries and refuses to continue feeding. Arching their necks and back during or after eating
- Restless sleeping (for example waking and crying about 20 minutes after being put down to sleep). Frequent “colic-like” episodes at no predictable time.
- The baby seems more comfortable if he or she is held upright or propped to a 30-degree angle.
- Frequent unexplained colds, wheezing, and chest infections.

Treatment: Depending on the degree of reflux there are different approaches. Studies have shown that breastfeeding can reduce reflux, especially GORD.

Mild reflux (when your baby is frequently spilling, but is not distressed): It is normal for babies to bring up some milk. Make each feeding peaceful and relaxed. Feed your baby before she becomes frantic. Crying increases reflux.

You can help by keeping your baby upright during and after feeds. Follow each feeding with 15 to 30 minutes in a sitting position. Try a front pack, backpack or infant seat. No bouncing around. Gravity can help stomach contents stay where they belong.

Moderate reflux (when your baby is showing signs of being uncomfortable but is still growing well): In addition to the earlier suggestions, try smaller, more frequent feedings. Take time to burp, sit your baby upright, supporting his or her head with your hand.

Avoid burping your baby over your shoulder, which may put pressure on your baby’s abdomen. If you’re using a bottle, make sure the hole in the nipple is the right size. If it’s too large, the milk will flow too fast. If it’s too small, your baby may get frustrated and gulp air. A nipple that’s the right size will allow a few drops of milk to fall out when you hold the bottle upside down.

Raise the head of the cot, place your baby to sleep on his or her back, but elevate the head of your baby’s crib 30 degrees (eg raise the end of the cot or put a pillow or folded towels under the mattress). Discuss with your doctor about thickening feeds or using anti-reflux formulas if you are bottle-feeding.

Gastroesophageal reflux disease (when your baby is very unsettled, not feeding well and/or not growing well): General management ideas as suggested earlier should be tried before medication. If the problem persists your doctor might prescribe drugs that block the production of the irritating stomach acids that are regurgitated into the oesophagus, thus relieving baby’s pain and distress. Further tests, like measuring changes in pH in the baby’s oesophagus, might be required.

Dr Zelia Araujo-Muggli graduated from medical school in her native Portugal. She is a member of the UK Royal College of Paediatrics and Child Health, and has worked as a paediatrician in Portugal, the UK and Oman. She is a Shell spouse and mother of two children and currently lives in Dubai.



It's quite apparent that some people shouldn't be allowed out of their own countries – if not for their own good, then certainly for the sake of countless others. Take the couple we overheard in a restaurant in France. Please, because it's doubtful the French want them. Everything was a problem: food

inedible, climate unbearable, habits, customs and language unforgivable. According to them, as soon as they – the French – spotted foreigners they started being difficult, making up rules, inflating prices and being generally obstructive. How ridiculous to impose on-the-spot speeding fines; how

unnecessary to shut shops in the middle of the day, and it's criminal how much they charge for a day-old newspaper from back home! An English couple, of course. Oh, and expletives deleted. Tourists just passing through? Afraid not: as became apparent, they lived in France, through choice; refugees

MISBEHAVING

ANDREW RUDGE

Andrew lives in Holland with his wife Nicky and has been a DESTINATIONS sub-editor for the last couple of years. He contemplates here, the sense (or otherwise) of some people living abroad!



from the English weather, stratospheric fuel prices and a crumbling national health service.

Of course, it's not just fellow Brits who misbehave abroad. The Germans are renowned for getting up in the middle of the night to lay claim to all the sun lounges around the pools in every resort in the world; the Dutch for being particularly thrifty travellers – hence the joke about the coach party, the bucket of water and thirty drinking straws – and, nowadays, the Russians for displaying massively enviable levels of disposable income.

Our American cousins are often accused of being a tad loud and I have fond memories of an encounter in the Sun in Splendour pub on the Portobello Road, back in the '70s. This hapless tourist ordered a hamburger at the bar and made much of his belief that the best burgers in the world came from the land of the free (not so, they're found in the Renaissance Hotel in Kuala Lumpur) and were best served with lashings of mustard. He would have done well to note where he was, for the smiling barmaid took him at his word. Not with the mild and sweet concoction he expected, but with fierce English mustard that brought tears to his eyes!

Here in The Hague I've heard expats bemoan the fact that utility bills aren't in English and that Albert Heijn (of supermarket fame) doesn't have an English version of his home delivery website. And then there's the website we were directed to when we first arrived: a compilation of anecdotes about atrocious customer service, 'the most abysmal food in the western world' and a state-imposed sense of humour by-pass. Our guess is that contributors must have slipped through a wrinkle in the fabric of the space-time continuum, straight into a sad and unattractive parallel universe where Romulan (apologies to Trekkies if that's not how you spell Romulan) cloaking devices made it impossible for waiters or shop assistants to see customers.

Maybe we're easily pleased or not demanding enough, but our experience has been quite the opposite. Sure, there've been times when I've started the 'I'll give them one more minute and then we walk out' countdown, but somehow the right person has always arrived in the nick of time, bearing a smile and an apology. In shops, restaurants, buses and airports people have been kind, courteous and unwaveringly forgiving of our broken Dutch.

As to the food, well we'd kill for a decent Indian restaurant and we can't understand the aversion to serving French fries with omelettes, but otherwise fine. Loads of restaurants, bars and cafés of every description (except the aforementioned good Indian) – 'hip and happening' fusion food to pancakes and ham and eggs, beach bars to palatial halls. Come the summer when smoking is struck from the menu and the culinary experience will be even better.

And how could anyone suggest that a country that fills its December streets with Black Petes, serves chocolate sprinkles for breakfast and dresses its men in bright orange trousers doesn't have a sense of humour? Oh, and let's not forget that this is the country where on a Saturday afternoon a street was closed, carpeted with artificial snow and – to the accompaniment of an oompah band and much cheering – used as the venue for langlauf racing. You have to smile at that kind of eccentricity. And maybe that's what makes the difference for some people: a smile. As Snoopy used to say "Smile, it makes people wonder what you've been doing"; more than that, it oils the wheels. Tot ziens.

THIS GOLFER HAPPENS TO BE A SHELL EXPAT, TOO



KAREN AGABIN

For Shell Philippines Exploration (SPEX) senior technical safety advisor Scottie Baker, playing golf is a lifelong passion that started at age five when his father cut an old golf club in half, forced a grip onto the end and gave it to him.

"I fondly remember my dad saying, "On you go son, make us millions". Not quite the Tiger/Earl Woods school of training but it was good enough for me," Scottie said " and since then I've been playing on and off for 30 years."

Scottie joined Shell Expro in 1998 after completing his PhD from Edinburgh University. After six years in Scotland, he hit the expatriate trail and has now spent four years in the EP Asia-Pacific Region.

"I had three wonderful years in Malaysia on the E11 Hub Project and during my free time I became very active in the amateur golf scene. I would travel around the country and am pleased to have played – and made the cut - in more than 20 amateur tournaments. In fact, in 2006 I was fortunate enough to win the Keningau Amateur Open."

Tournament success didn't go unnoticed and led to an invitation from the Royal & Ancient for Scottie to enter the qualifying stages for the world's most prestigious tournament - the British Open. Qualification is over Regional and Local competitions where 2,000 golfers – two-thirds of them professionals – battle for one of just 12 places.

Scottie's Regional stage was at Musselburgh, near Edinburgh, where a solid start saw him one under after 7 holes. A triple bogey at the notorious 8th left him with a lot to do, but he rose to the challenge, hit the next nine greens in regulation, holed a couple of birdies and won his way through to the next stage as one of the top 19 of 130 competitors.

"I was thrilled to have made it to the Regionals in the first place," said Scottie, "but because I'd prepared so hard there was a part of me that expected to get through, although I had no right to feel this way having seen the quality of the field!"

The Local stage for Scottie was played over two rounds at Panmure near Dundee, but although he performed well - often out-driving the professionals and scoring the first round's only birdie at the 234 yards par three – sadly, it wasn't to be his year to reach the Open.

"Despite the disappointment, the whole experience was unforgettable," says Scottie. "Although it took me a while to settle, with my best friend on the bag and my family and friends walking the course with me, I soon relaxed and enjoyed every minute. I'm delighted to have reached the final qualification stage. After all, that's when touring professionals like Thomas Levet and Gregory Havret join, which gives an idea of just how tough it is. I did my best and want to take this opportunity to thank SPEX for their kind sponsorship. The 2008 Open is at Royal Birkdale and this year I'm hoping to go one step further."

Friends, colleagues and fellow expats from throughout Shell wish you the very best of luck.

Winning the 2006 Keningau Amateur Event in Malaysia



When a pre-assignment orientation visit was offered to us, to our prospective posting in Gabon, we were keen to accept. Some may argue that such a visit is a double-edged sword as initial impressions of a frontier posting may be off-putting. However, we think the benefits of a 'look-see' are invaluable, offering:

- a) the opportunity to experience first hand the climate, culture and living environment;
- b) a feel for the community spirit and an opportunity to meet some of the people who make up that community;
- c) identification of areas for work, study and play; and
- d) the opportunity to decide definitively if this is the posting for you and your family at this time.

Travelling was uneventful and smooth. We connected via Paris to Libreville, where we spent

the night. The following morning we travelled onwards to Gamba, flying over the vast tropical rainforest, eventually landing in a clearing that was the place that was to become our home.

Our first impressions of the Yenzi residential area were positive. The camp is set in a stunning lakeside location amidst the ecological and environmental delights of the tropical rainforest. Wildlife, flora and fauna, are in abundance and a small and supportive community provided a warm welcome, advice and support - unconditionally.

During our short four day trip we soaked up a lot of the local culture as well as meeting future colleagues and seeing the working environment. Outside work, there was time to experience the leisure elements such a posting would offer. For us this included going off-road to the beach

PRE-ASSIGNMENT VISITS

AILEEN SHAW

In the December issue of DESTINATIONS, Simon Armstrong, manager Global Outpost Services, discussed the International Mobility Review – IMR – and some of the subsequent changes that have been made to the expatriate pay system and policies.

One of these changes is regarding who is entitled to a pre-assignment location visits. Pre-assignment visits are now available to employees and spouses/partners on all first assignments, and to locations where there is a high location allowance or a location premium.

Aileen Shaw and her husband undertook a pre-assignment visit to Gabon late last year. The following is an extract from an article Aileen wrote about the visit.

with two young families, a chance encounter with an elephant in our garden (quite scary but incredible to see this massive, majestic creature at such close range), and a visit to the Smithsonian Institute where scientists monitor the environment, promote education and continued research in the rainforest.

The visit helped clarify our thinking about what living in Gabon might be like. Day-to-day life would indeed be isolated and challenging, but thanks to our visit I can now start planning coping strategies. For example I know that the camp is small and the social life limited; coping strategy – Make the most of the Yenzi club and identify in advance opportunities for work, study and recreation and go prepared and equipped. My own personal impressions of Gabon have been shaped and moulded not only by what I have read in preparation for the move, but

enhanced by tasting something of the Gabonese experience in a microcosm. I know first-hand that Gabon is not for the fainthearted but for those who do venture forth there is the prospect of an amazing and life-enhancing experience to be had.

Our paperwork is currently being progressed and we have been allocated a house, soon to become our 'home'. We look forward to the challenges and opportunities Gabon has to offer. Watch this space for further news... one year on and I'll let you know how we're doing.

Aileen visited Gabon with her husband on a pre-assignment visit in late September 2007. They arrived in Gamba on 10th January 2008.

Outpost will be able to assist you to make the most of your visit.

Details can be found on: http://sww.shell.com/hr/internationalmobility/lta/going/lta_assignment_preview_trip.html

Outpost has information on the majority of Shell locations where expats are likely to be posted, so even if you are not eligible for a pre-assignment trip, or want some help before accepting assignments in a location, they can put you in touch with people who have lived in or are living in the location to share their experiences of the place.

TIRED OF
GUESSING?



GET THE ANSWERS YOU NEED

With offices in over 60 locations around the world,
Outpost assists Shell expatriates and their families on the move.

The Outpost network provides inside information and advice on most aspects of life abroad. Outpost was established to support global mobility by providing an accessible way to obtain non-contractual advice, information and services regarding postings.



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