



## Common Childhood Illnesses

### Fever Management

<b>When to worry:</b>	Infants under 3 months with a rectal temperature of 100.4°F (38°C) or higher need immediate medical attention.
<b>Taking Temperature:</b>	Use a rectal thermometer for infants, temporal or tympanic (ear) for toddlers, and oral or temporal for older children.
<b>Reducing Fever:</b>	Administer acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) as directed by your pediatrician or the product label. Avoid aspirin in children.
<b>Comfort Measures:</b>	Encourage rest, offer clear fluids to prevent dehydration, and dress the child lightly.
<b>When to Seek Medical Advice:</b>	If the fever is accompanied by stiff neck, rash, difficulty breathing, seizures, or persistent vomiting, seek immediate medical attention.

### Coughs and Colds

<b>Symptoms:</b>	Runny nose, congestion, cough, sore throat, mild fever.
<b>Treatment:</b>	Saline nasal drops and bulb syringe for infants, humidifier, honey for children over 1 year old (1-2 teaspoons), rest, fluids.
<b>When to worry:</b>	Difficulty breathing, high fever, ear pain, persistent cough lasting more than 2 weeks, dehydration.
<b>Important Note:</b>	Avoid over-the-counter cough and cold medicines in children under 6 years old unless directed by a doctor.

### Ear Infections

<b>Symptoms:</b>	Ear pain, tugging at the ear, fever, irritability, difficulty sleeping.
<b>Treatment:</b>	Pain relief with acetaminophen or ibuprofen. Antibiotics may be prescribed by a doctor.
<b>Prevention:</b>	Avoid exposure to smoke, ensure vaccinations are up-to-date, consider breastfeeding (if applicable).
<b>When to See a Doctor:</b>	If symptoms persist or worsen after 24-48 hours, or if there is drainage from the ear.

## First Aid Essentials

### Wound Care

<b>Minor Cuts and Scrapes:</b>	Wash the wound with soap and water, apply antiseptic (e.g., hydrogen peroxide, povidone-iodine), and cover with a clean bandage.
<b>Bleeding:</b>	Apply direct pressure to the wound with a clean cloth until bleeding stops. Elevate the injured area if possible.
<b>Signs of Infection:</b>	Increased pain, redness, swelling, pus, or fever. Seek medical attention if infection is suspected.
<b>When to Seek Medical Care:</b>	Deep wounds, wounds that won't stop bleeding, wounds with embedded objects, or animal bites.

### Burns

<b>Minor Burns:</b>	Cool the burn under cool (not cold) running water for 10-20 minutes. Apply a sterile, non-adhesive bandage.
<b>Severe Burns:</b>	Call emergency services immediately. Do not apply ointments or creams. Cover the burn with a clean, dry cloth.
<b>Blisters:</b>	Do not break blisters unless they are large and painful. If broken, clean with soap and water and cover with a bandage.

### Choking

<b>Infants:</b>	Hold the infant face down over your forearm, supporting the head and jaw. Give 5 back blows between the shoulder blades. If the object is still lodged, turn the infant face up and give 5 chest thrusts using two fingers in the center of the chest.
<b>Children (Over 1 Year):</b>	Perform the Heimlich maneuver: Stand behind the child, wrap your arms around their waist, make a fist and place it slightly above their navel. Grasp your fist with the other hand and give quick, upward thrusts.
<b>When to Call for Help:</b>	If the child becomes unconscious, call emergency services immediately and begin CPR.

## Nutrition & Healthy Habits

### Healthy Eating

<b>Balanced Diet:</b>	Encourage a variety of fruits, vegetables, whole grains, lean proteins, and dairy (or dairy alternatives).
<b>Portion Control:</b>	Serve age-appropriate portion sizes to prevent overeating.
<b>Limit Sugary Drinks and Processed Foods:</b>	Reduce intake of sugary drinks, snacks, and processed foods high in unhealthy fats and sodium.
<b>Snack Smart:</b>	Offer healthy snacks like fruits, vegetables with hummus, yogurt, or whole-grain crackers.

### Importance of Sleep

<b>Recommended Sleep Hours:</b>	Infants (4-12 months): 12-16 hours (including naps), Toddlers (1-2 years): 11-14 hours (including naps), Preschoolers (3-5 years): 10-13 hours (including naps), School-age children (6-12 years): 9-12 hours, Teenagers (13-18 years): 8-10 hours
<b>Establishing a Routine:</b>	Create a consistent bedtime routine to signal it's time to sleep (e.g., bath, story, quiet time).
<b>Creating a Sleep-Friendly Environment:</b>	Ensure the bedroom is dark, quiet, and cool.
<b>Limit Screen Time Before Bed:</b>	Avoid screen time (TV, tablets, smartphones) at least 1-2 hours before bedtime.

### Physical Activity

<b>Recommended Activity:</b>	Encourage at least 60 minutes of physical activity per day for children and teenagers.
<b>Types of Activities:</b>	Include a mix of aerobic activities (running, swimming), muscle-strengthening activities (climbing, playing tug-of-war), and bone-strengthening activities (jumping, skipping).
<b>Make it Fun:</b>	Engage in activities the child enjoys to make exercise a positive experience.
<b>Limit Sedentary Behavior:</b>	Reduce screen time and encourage breaks during long periods of sitting.

## Vaccinations and Preventive Care

### Vaccination Schedule

Follow the recommended vaccination schedule provided by your pediatrician or local health authority. Vaccinations protect children from serious and potentially life-threatening diseases.
Vaccines typically start at birth and continue throughout childhood and adolescence. Consult with your doctor to ensure your child is up-to-date on their vaccinations.

### Regular Check-ups

<b>Well-Child Visits:</b>	Schedule regular well-child visits with your pediatrician for routine check-ups, developmental screenings, and vaccinations.
<b>Vision and Hearing Screenings:</b>	Ensure your child receives regular vision and hearing screenings to detect any potential problems early.
<b>Dental Care:</b>	Start dental visits by age 1, or within 6 months after the first tooth erupts. Encourage good oral hygiene habits, such as brushing twice a day and flossing daily.

### Mental Health

<b>Recognizing Signs:</b>	Be aware of signs of mental health issues in children and teenagers, such as changes in mood, behavior, sleep patterns, or appetite.
<b>Creating a Supportive Environment:</b>	Foster open communication and create a supportive environment where children feel comfortable discussing their feelings.
<b>Seeking Professional Help:</b>	Seek professional help from a therapist or counselor if you have concerns about your child's mental health.