

MAY 2021

The Playground Chat

A NEWSLETTER BY DR VINIT MEHTA

OUR MOTTO : "We help young moms to shape a healthy well being for their children"

This edition's Discussion

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NEWSLETTER FOR
HEALTH &
EDUCATION



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COMMON PROBLEMS IN BABIES

Since the birth of a newborn baby, there is a lot of joy in the family but along with they require a lot of care. As a newborn baby can not tell their problems so it is up to parents to keep a watch on the problems of the baby and consult the Pediatrician if required.

Some of the common situations encountered are:

COLIC

Excessive crying, but otherwise thriving baby, maybe having colic. The baby has no feeding issues and gains weight normally. Upsetting for parents. It can last for some weeks.

JAUNDICE

It is common on the 3rd day of life. Causes discoloration of skin and eyes to yellow color. It might take 10 or more days to resolve. Severe cases (continues for over 2 weeks or may present since 1st day of life). It needs light therapy.

DIARRHEA/ VOMITING

A substantial part of feeds are thrown up or there is watery diarrhea for over 2 weeks, which indicates that the baby is losing too much fluid. Needs prompt treatment.

BLEEDING

Look out for any bleeding either from the stump of the umbilical cord or from the nose.

PROBLEMS REQUIRING IMMEDIATE MEDICAL ATTENTION

RED FLAG SIGNS

On seeing any of these signs in your baby, immediately contact a pediatrician.

- Baby crying for hours continuously, or in an unusual manner
- Baby turning blue or very pale or yellow
- Poor feeding
- Breathing is quick, difficult or grunting or unusual periods of breathing
- Baby is unusually drowsy or doesn't seem to recognise you
- A rash that does not fade and blanch when pressed
- Convulsion/Fits
- Fever
- Loose motions
- Failure to pass urine in 24 hours and meconium within 48 hours
- Sudden rise or fall in temperature
- Superficial infection like conjunctivitis, pustules etc
- Undue lethargy



HOME REMEDIES FOR FEVER IN TODDLERS

Fever in children especially in toddlers can be due to several reasons. But after the Corona pandemic, parents get stressed out on even a single spike of fever but the majority of times it's a viral infection that can be managed at home.

This time we are discussing few home remedies to manage fever at home:

PLENTY OF FLUIDS

The majority of rises in temperature are due to viral infection or due to weather changes. And the main reason for fever in such situations is due to lack of fluid intake by children. So always encourage children to take more liquids, it can be ORS, lemon water, coconut water, and if the child is not taking them then it can be regular water too.

What fluids do is that they reduce the intensity of fever that is higher spikes but also increase the duration between two spikes. Fluids are the mainstay of treatment at home or while being admitted for the management of fever.

REST

Toddlers use to get very active when there is no fever. They start their regular activities and play as soon as fever disappears to reappear again with higher intensity so to always encourage children

especially toddlers to take enough rest especially for 2 to 3 days or even one week whatever is recommended by the doctor.

SPONGING

Wet towels are applied at groins, axillae, neck, and ankles where blood circulation is close to the skin surface. Usually, long strokes for sponging are done in circular movements without much friction.

The wet towels should not be kept as it is on the body of the child as it may be responsible for chills. It should be used to clean the body of the child repeatedly so that there is a rapid fall in the temperature of a child in case of high fever.

ANTIPYRETICS

Medicine for fever ie Calpol or Crocin [Paracetamol] (dose as prescribed by Pediatrician) should be given only if the temperature is above 100 F. It should not be given before temp is above 100 F so as to hide the fever (for your mental relief) because the disease continues to increase in the child.

Paracetamol can be given at intervals of 6 hours only. If fever reappears before 6 hours or rises even after giving paracetamol then Meftal [Mefenamic Acid] has to be given as recommended by the Pediatrician

CONSULT A PEDAITIRICIAN

In case of any doubt, consult your pediatrician or children hospital immediately.



6 IN 1 VACCINE (TECHNOLOGICAL INNOVATION)

What is 6 in 1 combination vaccine?

The hexavalent (6 in 1) vaccine given at 6, 10, 14 weeks of age, is a combination of six component vaccines, intended for the prevention of the following six diseases:

DIPHTHERIA- An infection that affects the throat and tonsils. It causes white to dirty grey discoloration. If left untreated and unimmunized can lead to respiratory obstruction and death.

TETANUS- Also known as Lockjaw. The child may get this infection from any cut or wound on their skin. Symptoms start with muscular stiffness of the jaw and neck. Other symptoms are headache, irritability, fever, convulsion, and later on the difficulty in swallowing. It is a serious infection that can result in death.

PERTUSSIS- Also known as whooping cough. It is a highly contagious respiratory infection characterized by high-pitched whoop noise when a patient breathes in, after a coughing fit. Infant can experience severe coughing attacks that can make them turn blue or vomit. They are at risk of pneumonia, seizures, lung collapse, or death.

HEMOPHILUS INFLUANZAE TYPE B- It can be responsible for serious brain and ear infections.

POLIO- It can affect the brain and spinal cord and may lead to paralysis. No cure is available.

HEPATITIS B- A potentially life-threatening infection that attacks the liver. It may lead to liver damage, liver cancer, and even death. Almost half of all the patients will show no signs of infections but may still develop a chronic infection.

6 reasons to use 6-in-1 combination vaccine

1. **PROTECTION** against 6 diseases
2. **PROVEN SAFETY**
3. **LESS CHANCES OF FEVER, PAIN, SWELLING AND REDNESS**
4. **FEWER INJECTION**
5. **CONVENIENCE** (It can be co-administered with other routine vaccines decreasing the number of visits to your pediatrician)
6. **ADHERENCE** (Gives peace of mind by reducing the possibility of missing a dose thus ensuring complete protection)

Myths regarding painless vaccine

This 6 in 1 vaccine is considered a PAINLESS vaccine but it still has fewer chances of fever, pain, swelling, and redness as compared to other painful vaccines, so it can be rephrased as LESS-PAIN vaccine instead of PAINLESS vaccine.

Technological innovation



#POSITIVE-PARENTING

When we model peaceful and loving relationships, our children feel more secured and loved. Positive language, active listening, and empathy help maintain a peaceful and happy family environment during these stressful times.

FAMILY HARMONY IN COVID TIMES

USE POSITIVE LANGUAGE. IT WORKS!

Tell others what you want them to do, instead of telling them what not to do. Instead of "Stop Shouting!!", tell them to "Please speak more softly."

Praise makes other feel appreciated and good about themselves. Simple words like, "Thank you for clearing the dinner table" or " Thank you for watching the baby" can make a big difference.

SHARE THE LOAD

Try to share household work, childcare, and other tasks equally among family members.

FEELING STRESSED OR ANGRY?

Give yourself a 10-second pause. Breathe in and out slowly for 5 times. Then try to respond in a calmer way. Millions of parents say this helps- A LOT!!

NICE THINGS TO DO TOGETHER AS A FAMILY

Find ways to spend quality time with your family. You can play together as a family like (if possible) outdoor games. Several indoor board games like Ludo, Carrom, etc

BE AN EMPATHETIC ACTIVE LISTENER

Listen to kids when they are talking with you and be open to show them that you hear what they are saying. When you are kind and empathetic to them they also reciprocate in the same manner.

Such little changes in daily routine to soften and kinder nature can help develop a positive environment in the family thus help the whole family tide of this crisis. This also helps to build a stronger bond among family members to fight over other such crises in the future.

"Your smile will give you a positive countenance that will make people feel comfortable around you." - Daniel Kahneman



GOING BACK TO SCHOOL MADE EASY

Schools are now going to start and there is a lot of anxiety that with starting of the school there are newer guidelines like wearing a mask and that mask will affect the understanding, social and language development among young children. Following are some tips for parents, teachers and caregivers to understand the problem and to find a way out.

Around the age of 6 to 8 months, as babies start to babble, they change the ways that they are looking at people who are speaking to them. Instead of concentrating on the eyes, “they spend a lot of time looking at that person’s mouth, trying to master their own native speech, getting not only auditory cues but visual.” Children as young as 3 already tend to show a preference for that synchronized face, and the preference gets markedly stronger as they grow.

Parents and teachers could encourage their kids to communicate more through gestures,” and even make a game of helping children to find ways of communicating with their hands and bodies.

“With mask-wearing now being required in most school settings, children and adults should start practicing being more explicitly verbal by stating their emotions out loud.” Children will get better at reading people’s eyes and at understanding emotional content from tone of voice.

But in addition, “parents and teachers may also want to ask children more often what they are feeling as well.”

“Children are very, very smart. They can figure out who a person is by using information still available to them, the shape of the eyes, the eyebrows, voice, posture.” Children will adapt quickly but teachers who are wearing masks should help them along by wearing the same eyeglasses, the same hairstyle, or perhaps by wearing personalized masks, or even characteristic clothing.

As far as emotional communication is there it is suggested that teachers emphasize their gestures, and pay attention to their tones of voice. “Make your voice/ gesture/ eyes more expressive.”

Finally, “Teachers should slow down their speech, particularly when interacting with younger ones, so kids can pick up more from the auditory channel.”

In Hong Kong, it’s standard to wear masks as protection against illness or air pollution. Because there are always a fair number of people wearing masks in public, “culturally, there is not the same level of anxiety — not the urgency to see whether wearing masks interferes with children’s development that we have heard from other colleagues.”

Children may end up “more sensitive to tones, more sensitive to someone’s overall body language. Kids are very, very adaptive, more adaptive than we are — they learn very quickly. Parents should not be too worried about mask impeding child development.”





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Dr. Vinit Mehta
(MD Pediatrics)

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WE KNOW YOU VALUE YOUR RELATIONSHIPS AND SO DO WE. IF YOUR FRIENDS ARE EXPERIENCING A PROBLEM WE'VE HELPED YOU SOLVE, WE'D LOVE TO HELP THEM TOO. IF THERE'S ANYTHING ELSE WE CAN DO, PLEASE LET US KNOW.

SINCERELY,

DR VINIT MEHTA,
AASHREY CHILD CLINIC

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