



SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

Fever Treatment – Facts and Tips

What really happens, when baby has fever?

A child's fever often sparks concern in parents. A fever isn't an illness in itself but usually a physical sign that a child is fighting an infection, inflammation, or disease. A fever helps stimulate the body's white blood cells, which attack and destroy the viruses and bacteria that cause the majority of all fever-related infections.

What are Common Causes of fever?

Common causes are common cold, acute gastroenteritis, ear infection, dehydration, injury, boils, abscesses, mumps, measles, chickenpox and uncommonly typhoid, malaria, heat stroke... many more!

How to break fever?



To help lower your child's temperature, remove any warm clothing from your child, use cold sponging, give a tepid bath, keep the room comfortably cool and encourage drinking plenty of fluids. Continue sponging till temperature drops down. You can give mild antipyretic drugs as per your doctor's consultation. Call the pediatrician immediately if your child's temperature exceeds 103 degrees or if your child has any of the following symptoms: abdominal pain, headache, sensitivity to light, neck pain, rashes or skin spots, irritability, or sleepiness.

When Convulsions occur due to Fever?

In 3 to 4% children between six months and five years, fever can trigger convulsions (fits), called febrile convulsions. The child stiffens out, twitches and rolls his eyes. He will be unresponsive for a short time. The entire convulsion usually will last no more than 3 to 4 minutes, but it can seem like a lifetime to a frightened parent. Febrile convulsions almost always are harmless. In such case: -

1. Stay calm and act quickly,
2. Place the child on the floor on his lateral side, Give no pillow so that head remains low and turned on one side. Do not put anything in the mouth,
3. Start sponging and then consult your pediatrician.

Fever fever, go to river. Under the water, stay forever.

