



TEMPERATURE CHECK

High temperatures and fevers can be a worrying event, especially for first time parents. From vaccinations and teething to catching a cold or flu, fever is a perfectly normal response when a healthy child is fighting off an infection. Keeping your cool when you suspect your child might have a fever is key.

As a pediatrician and mother of two, Dr. Tanya Altmann understands the concerns that many parents have when their child's temperature starts to rise and offers the following tips to help give you and your baby a dose of comfort when they are experiencing a fever.



DRESS LIGHTLY

It is important to remember not to wrap your child up to prevent shivering. If the room is normal temperature, dress your child in light, breathable clothing to prevent overheating.

FEED A FEVER

Most children will have a decreased appetite, so offer them several small meals over the course of the day. Offer foods rich in nutrients like fruits and vegetables and avoid anything that is too heavy, oily or spicy.

KEEP A TEMPERATURE CHECK & WATCH FOR REACTIONS

A fever is defined as a temperature over 100.4 F (38.0 C). Any baby over 6 months old with a temperature between 101° F. and 103° F. can be observed at home for 24 hours. If the fever persists beyond 24 hours, you should contact your pediatrician. Fevers higher than 104° F. should always be addressed immediately.

GIVE YOUR CHILD LOTS OF FLUIDS

It's perfectly normal for children to eat less when they are experiencing a fever but you want them to stay hydrated. Water is best but if offering juice, consider diluting it with water to reduce the sugar intake.



MINIMIZE POST VACCINATION SYMPTOMS

Some children have a minor reaction to the shot localized to where it was given like a thigh or an arm. To reduce discomfort, I recommend a pain reliever and fever reducer like Children's or Infants' TYLENOL® to help alleviate child's symptoms. If your child is under two years, ask your doctor for the right dose. For children two years or older, pay close attention to the directions on the label and follow the dosing instructions.

TYLENOL



TIME FOR CUDDLES

Offer your child lots of love and hugs to try to settle them. If your child has a favorite blanket or teddy bear make sure they have it by their side to snuggle with when they are feeling unwell.