Newsletter Peel Park Surgery February 2019

Fever in children

**A normal temperature is about 36.4C. A fever is a high temperature of 38C or more.**

How to take your child's temperature. *Place the thermometer inside the top of the armpit. Gently close the arm over the thermometer and keep it pressed to the side of the body. Leave the thermometer in place for as long it says in the instruction leaflet – some digital thermometers beep when they're ready. Remove the thermometer. The display will show your child's temperature. If your child's just had a bath or been wrapped tightly in a blanket, wait a few minutes then try again.*

**Do**

give them plenty of fluids, look out for [signs of dehydration](https://www.nhs.uk/conditions/dehydration/), give them food if they want it, check on your child regularly during the night, keep them at home, give them paracetamol or ibuprofen if they're distressed or unwell

**Don't**

do not undress your child or sponge them down to cool them – fever is a natural and healthy response to infection, do not cover them up in too many clothes or bedclothes, do not give aspirin to under 16s,do not combine ibuprofen and paracetamol, unless your GP tells you to,do not give paracetamol to a child under 2 months, do not give ibuprofen to a child under 3 months or under 5kg, do not give ibuprofen to children with asthma

Colic

**Colic is when a baby cries a lot but there's no obvious cause.**

All babies cry, but your baby may have colic if they cry more than 3 hours a day, 3 days a week for at least 1 week.They may cry more often in the afternoon and evening.It may also be colic if: it's hard to soothe or settle your baby, they clench their fists, they go red in the face, they bring their knees up to their tummy or arch their back, their tummy rumbles or they're very windy. Your baby doesn't usually need to see a doctor if they have colic. Speak to your health visitor for advice and support.Health visitors and doctors will usually advise you to:

hold or cuddle your baby when they're crying a lot, sit or hold your baby upright during feeding to stop them swallowing air, have some gentle music playing in the background to distract them ,

wind your baby after feeds. gently rock your baby over your shoulder, keep feeding as usual,

gently rock your baby in their Moses basket or crib, or push them in their pram, put baby in a warm bath.