



Infant Wellness 101



Upper Respiratory Infections

Common cold

Croup

Bronchiolitis

You will need:

- *Saline spray*
- *Bulb syringe*
- *Tylenol/ibuprofen*
- *Cool mist humidifier*

Here are a few helpful hints for when your little one is sick...

Children have 6-10 colds per year. Viruses are the most common cause. Symptoms include watery runny nose, congestion, sneezing, cough, sore throat, low-grade fever, fussiness, and fatigue. Symptoms peak at day 2-3 and improve over 10-14 days. There are no approved cough medicines for children under 4 years old. Warm honey works better than cough medications for children over 1 year.

Supportive care is the only treatment. This includes hydration, rest, fever & pain reduction. Saline nasal spray and bulb-syringe suction of the nose before meals and bedtime, upright positioning, & cool mist humidified air help with comfort care.





Useful Over the Counter Remedies

0.1% hydrocortisone cream for eczema or contact dermatitis

Zinc oxide cream for diaper rashes

Vaseline or Aquaphor for dry skin or rashes on the face (esp. irritation from drooling)

Olive oil & soft baby brush for cradle cap

Baking soda in the bathtub for yeast infections (1/4 c. in tub of warm water for 10 minutes)

Sunscreen for children over 6 months (only use physical blockers like zinc oxide or titanium dioxide for babies since they will put their hands in their mouths – look for UVA/UVB broad spectrum protection greater than SPF 15 & reapply every 2 hours)

Teething? (4-7 months)

Teething *occasionally* may cause mild irritability, crying, a low-grade temperature (not over 101°F), and excessive drooling. The gums around the new teeth will swell and be tender. To ease your baby's discomfort, try gently rubbing or massaging the gums with one of your fingers. Teething rings are helpful, too, but they should be made of firm rubber. Pain relievers and medications that you rub on the gums are not necessary or useful since they wash out of the baby's mouth within minutes. Some medication you rub on your child's gums (Orajel) can even be harmful if too much is used and the child swallows an excessive amount.

Rashes?

Eczema

Diaper dermatitis
(diaper rash)

Candidiasis (yeast
infection)

Dry skin

Contact dermatitis

Seborrhea (cradle cap)

Constipation?

Try 1 teaspoon of *karo syrup* mixed in breast milk or formula once a day for children under 6 months. After 6 months prune or pear juice works well.