

# The Wellness Times – Four Seasons Pediatrics



3<sup>rd</sup> Visit – Today's Weight: \_\_\_\_\_ Height: \_\_\_\_\_ 6 Week to 2 Month Visit

## Injury Prevention



**Y**ou can reduce the chance of an injury by keeping the following tips in mind:

- Select toys that are unbreakable, contain no small removable parts or sharp edges, and are too large to swallow (more than 1 5/8").
- Do not hold the baby when drinking a hot liquid or smoking.
- Do not leave your child unattended on a dressing table, bed, chair or sofa. Even at this age, she may suddenly extend her body and fall off.
- To reduce SIDS or crib death, put your baby to sleep on his back ONLY!

## Nutrition

**B**reast milk or formula is the total nutrition for your child until about 5-6 months of age. That will be the time that solids will be introduced (as recommended by the American Academy of Pediatrics). We recommend waiting until that time to reduce the chance of certain conditions such as allergies, asthma etc. Studies show that starting earlier does not cause your baby to sleep longer. If using a formula use

an Iron fortified formula. Unlike adults iron does not cause constipation in babies. Babies will usually drink about every 3-4 hours.

If formula feeding, the maximum amount of formula is 32 ounces at any age. Bottles do not have to be sterilized.

## Remedies On Hand

**C**onsider having the following items on hand:

- **Cold mist humidifier** (use water without adding anything)
- **Salt and water nose drops** (You can make these by adding ¼ teaspoon salt to 4 oz of water – but needs to be made fresh each day of use)
- **Eye dropper**
- **Nasal aspirator** (bulb)
- **Rectal thermometer**
- **Acetaminophen** infant drops
- **Pedialyte** (A sugar and salt solution to feed if having a vomiting illness)

## Development

**B**y this age your child should be able to do most of the following:



- Raise his head and chest when on his tummy.

- Brings his hand up to mouth
- Follows moving objects
- Smiles when you talk
- Turns his head toward sounds

## Immunizations

**Y**our child will receive two or more of the following vaccines:

- **Pentacel** (DaPT-HIB-IPV for Diphtheria, Pertussis and Tetanus; Hemophilus influenzae type B and Polio)
- **Pneumococcal Vaccine**
- **Oral Rotavirus Vaccine**

1/3 of infants have no side effects from the vaccines. About 1/3 sleep more and about another 1/3 have soreness or fussiness after the vaccines. We no longer routinely recommend acetaminophen after vaccines. A recent study showed better protection from the shots, if you only give the acetaminophen if needed rather than routinely. See the next page for proper dosing. Please call if any of the following rare side effects occur:

- Temperature over 105
- Excessive paleness or limpness
- Prolonged crying that cannot be consoled
- Any unusual body movements that you cannot stop by holding

## Recommended Reading



**Y**our Child's Health by Barton Schmitt, MD .

There are many excellent books on children. This one is terrific because it gives parents excellent advice about when to call if there is a problem. There are helpful sections on fever, feeding, colic, sleeping concerns, etc. It will pay for itself many times over.

Feed Me I'm Yours by Victoria Lansky. Excellent book to start reading about solid foods, for those who want to use their own table food!

## Acetaminophen vs. Ibuprofen?

**M**any parents wonder about fever and which pain reliever is better. They want to know which they should use. In general, we prefer to use acetaminophen (Tylenol, Tempra, etc) for several reasons. Acetaminophen does not upset the stomach as frequently as ibuprofen (Advil, Motrin) does. In addition, Ibuprofen is more likely to cause side effects on the kidney. This is more likely to occur in children who are drinking and eating less (as almost all children are when they are sick).

There are a few things to keep in mind with regards to fever relief. Fever is not a bad symptom and does not always need to be treated, nor does it need to be removed completely. If your child has a fever under 102 degrees and is comfortable, do not feel that you need to treat it. Low grade fevers have been shown to boost the bodies immune system to fight off infection more quickly. Therefore the goal is comfort care, not fever care.

Another thing to keep in mind is that fever relievers will bring the temperature down only a couple of

degrees. Thus you should not be disappointed if it goes from 105 to 102 after giving medication.

We do not suggest mixing the two medications, since dosing is different and time intervals (6 hours for ibuprofen and 4 hours for acetaminophen) are different. Thus dosing errors are more likely if you do this.

Having said all this, there may be an occasional illness where we will recommend ibuprofen. An example is the flu, since muscle aches are very prominent with the flu, and ibuprofen is more effective for this symptom. We also are more likely to recommend Ibuprofen for injuries.

## Next Visit

Your next health visit will be the 4 month well child visit.

## Using our web site!

Please visit our website at [www.fourseasonspediatrics.com](http://www.fourseasonspediatrics.com).

We have many added features you may find helpful including the following:

- Filling out forms prior to checkups
- Immunization Schedule
- Dosing charts for acetaminophen, ibuprofen and Benadryl
- Information regarding vaccine concerns
- Online booking

### Appropriate dosing for acetaminophen (Given every 4 hours) - See our website for other doses based on weight:

Weight	Dose of 160 mg/5ml
6-11 lbs	1.25 ml (40 mg)
12-17 lbs	2.5 ml (80 mg)
18-23 lbs	3.75 ml (120 mg)