

Education

Choking: Prevention

Choking can be life-threatening. Choking on foods or other objects kills as many children each year as accidental poisonings. Follow these guidelines to help prevent your child from choking.

- Do not give hard foods to children less than 4 years old. Hard foods that could be sucked into the lungs when a child takes a breath are nuts, sunflower seeds, orange seeds, cherry pits, watermelon seeds, gum, hard candies, popcorn, some corn chips, raw carrots, raw peas, and raw celery. Children under the age of 4 years don't know which foods they should spit out. They also need more molar teeth to chew the other hard foods properly.
- Chop up dangerous soft foods before you serve them. Soft foods that most commonly cause fatal choking by completely blocking the windpipe are hot dogs, sausage, gummy candy, large pieces of any meat, grapes, and caramels (especially if a child is in a hurry).
- Warn baby sitters and older siblings not to share these dangerous hard and soft foods with small children.
- Teach your child to chew all foods thoroughly before swallowing them.
- Don't allow your child to fill his cheeks with food like a chipmunk.
- Clean up right away after parties. An especially dangerous time is the morning after parties, when a toddler may find dangerous foods on the floor.
- Warn your child never to chew or suck on pieces of rubber balloons. Rubber balloons are the leading cause of choking deaths resulting from objects other than foods. Most incidents occur when a child suddenly inhales a deflated balloon he has been chewing on. Even teenagers have died from inhaling a deflated balloon. Chewing on an inflated balloon is also dangerous because the balloon could burst. Mylar helium balloons are safer than rubber balloons, but rubber balloons are fine when they are used with supervision.
- Don't give a young child a toy with small, detachable parts. If you do, in a few minutes you'll find the missing part in the child's mouth (unless he has already swallowed it).
- Periodically check your child's environment for small objects that your child could choke on (anything with a diameter less than 1.25 inch, or 3.2 cm). Ask older children to protect younger siblings by checking the carpet for small pieces from toys or games.
- Dispose of button batteries carefully.
- Remind your child not to run or play sports with gum or other material in his mouth.

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Electrical Shock, Prevention of

- Cover all electrical outlets that are not in use with plastic safety caps.
- Unplug appliances with heating elements, such as hair dryers, curling irons, electric shavers, coffeepots, and toasters, when they are not being used.
- Keep electrical cords away from toddlers who might chew on them. (Note: This accident could burn off part of the lip or the end of the tongue.)
- Teach your child not to turn on lights or electrical appliances when he or she is standing on a wet floor or wet ground.
- Teach your child never to touch an electrical appliance, such as a hair dryer, telephone, or radio, while he or she is in the bathtub. (Note: This mistake can result in immediate electrocution if the appliance is plugged into the socket, even if the switch is turned off.)
- Teach your child to avoid open water (such as swimming pools, lakes, and streams), tall trees, high ground, or metal objects (such as a shovel) during thunderstorms. Cars and houses are safe.

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First Aid Measures for Emergencies

The following recommendations will help you care for your child's minor emergencies and provide first aid for your child's major emergencies while you are waiting for medical assistance. Also, take a first aid course. You can't learn CPR (cardiopulmonary resuscitation) just by reading.

1. **Animal bites** Immediately wash the bite with lots of soap and water for 10 minutes. Many dog bites can be prevented by teaching a child not to pet strange dogs, not to tease dogs, and not to go near his own dog when the dog is eating or fighting. Also, teach your child not to pick up sick or injured wild animals.
2. **Bee stings** (Note: Yellow jackets and wasps don't leave stingers.) Carefully remove the stinger by scraping it off without squeezing it. Use the edge of a knife blade or credit card. Then put a few drops of water on the area of the sting, sprinkle on meat tenderizer, and massage the solution into the skin for 10 minutes. Don't use meat tenderizer near the eye. Putting an ice cube on the area will also relieve pain. Call your child's health care provider if your child develops hives or has trouble breathing.
3. **Tick bites** The simplest and quickest way to remove a tick is to pull it off. Use tweezers to grasp the tick as close to the skin as possible. Pull steadily upward until the tick releases its grip. Do not twist the tick or squeeze the tweezers so much that you crush the tick. If you don't have tweezers, pull the tick off in the same way by using your fingers. If you remove the body but leave the head in the skin, remove the head by using a sterile needle (in the same way you would remove a sliver). Wash the wound and your hands with soap and water after you remove the tick. Put on antibiotic ointment once. Embedded ticks do not back out when covered with petroleum jelly, fingernail polish, or rubbing alcohol. Applying a hot match to the tick also does not work. If you aren't successful in completely removing the tick, call your child's provider. Most ticks do not cause disease. However, if your child develops fever, rash, or other symptoms during the 2 weeks after the bite, call your child's health care provider.
4. **Bleeding, severe** Determine whether an artery or a vein has been cut. When an artery is cut, the blood pumps or spurts from the wound with each heartbeat. When a major vein is cut, the blood runs out of the wound at a steady rate. If an artery is cut, place several sterile dressings or a clean cloth (towels, sheets, or shirts) over the wound and apply direct pressure over the wound immediately. For arterial bleeding, the pressure must be forceful and continuous, often applied with the palm of the hand. Act quickly because the ongoing blood loss can cause shock. If a vein is cut, place several sterile dressings or the first clean cloth at hand (towels, sheets, or shirts) over the wound and apply direct pressure over the wound. After about 10 minutes of pressure, the dressings can often be bandaged in place until the child arrives at an emergency room.
5. **Breathing, stopped** Call the rescue squad (911) and begin mouth-to-mouth resuscitation.
6. **Burns** Immediately (within 10 seconds of the burn) immerse the burn in cold tap water for at least 5 minutes. If this is impossible (for example, if the burn is on the face and trunk), apply cool wet cloths or pour a pan of cold tap water over the burn. This will lessen the depth of the burn and relieve pain. Do not put butter or burn ointment on the burn. Do not break blisters. After you have cooled the burn, call your child's provider for further instructions.
7. **Choking** Most children occasionally choke on liquids that go down the windpipe instead of the esophagus. Your child's cough reflex will clear the windpipe of the liquid within 10 to 30 seconds. It is best if you do nothing except reassure your child. Sometimes a young child will suddenly choke on a peanut, raw carrot, or other piece of food. If your child is coughing and able to breathe, encourage him to cough the material up by himself. If your child can't breathe, cough, or make a sound, proceed with high abdominal thrusts, called the Heimlich maneuver. Grasp your child from behind, just below the lower ribs but above the navel, in bear-hug fashion. Give a sudden, upward jerk at a 45-degree angle to try to squeeze all the air out of his chest and pop the lodged object out of his windpipe. Repeat this upward abdominal thrust 10 times in rapid succession. If your child is too heavy for you to suspend from your arms, lay him on his back on the floor. Put your hands on both sides of his abdomen, just below the ribs, and apply sudden strong bursts of upward pressure. If your child is less than 1 year old, first use back blows. Place him face down at a 60-degree angle over your knees. (Gravity may help get the object out.) Deliver 5 hard blows with the heel of your hand to the area between your child's shoulder blades. If this is not successful, lay him on his back and give 5 rapid chest compressions over the lower sternum (breast bone) using two fingers. If he still hasn't started breathing, begin mouth-to-mouth resuscitation and call the rescue squad (911).
8. **Convulsions with fever** Bringing your child's fever down as quickly as possible will shorten the seizure. Remove most of your child's clothing and apply cold washcloths to her forehead and neck. Sponge her body with cool water. (Do not use rubbing alcohol.) As the water evaporates, your child's temperature will fall. When the seizure is over and your child is awake, give her an appropriate dose of acetaminophen or ibuprofen and encourage her to drink cool fluids. If your child starts to vomit, place her on her side or abdomen. If her breathing becomes noisy, pull her jaw and chin forward by placing a finger behind the corner of her jaw on each side. Don't put anything into her mouth. Have someone call your child's health care provider.
9. **Drowning** Begin mouth-to-mouth breathing as soon as possible, in a boat, a life preserver, or at the latest, when the rescuer reaches shallow water. Continue rescue breathing until the child reaches a medical facility. Some children have survived long submersions, especially in cold water. If there is any possibility of a neck injury (for example, a diving accident), protect the neck from any bending or twisting.
10. **Eye, chemical in** Most chemicals such as alcohol or hydrocarbons (for example, gasoline or lighter fluid) cause only

temporary stinging and superficial irritation. However, acids and alkalis splashed into the eye can severely damage the cornea. When any chemical is accidentally splashed into your child's eye, treat it as an emergency until your provider or a Poison Control Center expert tells you otherwise. Immediate and thorough irrigation of the eye with tap water is essential to prevent damage to the cornea. (Do not use antidotes such as vinegar.) Hold your child's face up under gently running tap water. Or have your child lie down while you continuously pour lukewarm water from a pitcher or glass into his eye. It is very important to try to hold your child's eyelids open during this process. For most chemicals, you should irrigate the eye for 5 minutes; for acids, 10 minutes; and for alkalis, 20 minutes.

11. **Eye, foreign body in** If the particle is in the corner of your child's eye, try to remove it with the corner of a clean cloth or a moistened cotton swab. If the particle is under your child's eyelid, try to remove it by opening and closing her eye several times while her eye is submerged in a cup of water. If the object stays on the lid and you can see it, try to remove it with a moistened cotton swab. If you can't see the particle or remove it, call your child's provider.
12. **Fracture, suspected** If you think your child has broken a bone, take him in for a medical exam and an x-ray. Don't let your child put weight or pressure on the bone. Put a splint on the suspected fracture before you move your child so the edges of the fracture won't damage blood vessels.
 - Shoulder or arm: Use a sling made of a triangular piece of cloth to support the forearm at an 80° to 90° angle to the upper arm. If you can't make a sling, at least support the injured part with the other hand.
 - Leg: After placing a towel between the legs for padding, use the uninjured leg as a splint by binding the thighs and legs together with straps. If you can't do this, at least carry your child and don't permit him to put any weight on the injured leg.
 - Neck: Protect the neck from any turning or bending. Do not move your child until a neck brace or spine board has been applied. Call a rescue squad (911) for transportation.
13. **Sprained ankle or knee** Remember the acronym RICE for treatment of most sports injuries: rest, ice, compression, and elevation. Apply continuous compression by wrapping an elastic bandage around the ankle or knee. Numbness, tingling, or increased pain means the bandage is too tight. Keep the bandage on for 24 to 48 hours. Put a plastic bag of crushed ice on the ankle or knee. Do this 20 minutes of every hour while your child is awake for the first 4 hours after the injury. Ice and compression reduce bleeding, swelling, and pain. Keep the injured ankle or knee elevated and at rest for 24 hours. Call your child's provider for further instructions.
14. **Poisoning** If your child has swallowed something poisonous, first sweep any pills or solid poisons out of your child's mouth with your finger. Then, if your child swallowed a chemical, immediately give her one glass of water or milk to rinse her esophagus; this is not necessary if your child swallowed a medicine. Call the National Poison Center Hotline at 1-800-222-1222 for advice. Do not induce vomiting.
15. **Nosebleed** Pinch the soft parts of the nose against the center wall for 10 minutes. Tell your child to breathe through his mouth during this time. If blood continues to come out of the nose while it is pinched, you may not be pressing on the right spot. If the nosebleed hasn't stopped after 10 minutes, insert a piece of gauze covered with vasoconstrictor nose drops (for example, Neo-Synephrine) or petroleum jelly into the nostril. Squeeze again for 10 minutes. If bleeding persists, call your child's health care provider but continue applying pressure in the meantime.
16. **Skin injuries** Call your child's provider immediately if you have any difficulty stopping the bleeding, if the wound is caused by a dirty object, if there is any chance that a foreign body is in the wound, or if the skin is split and will need stitches. Any deep cut that needs stitches must be sutured within 12 hours. After 12 hours the wound is no longer clean enough to close with stitches.
 - Abrasions or superficial cuts Wash abrasions or superficial cuts for 5 minutes with soap and water; then rinse well. Put on an antibiotic ointment and Band-Aid or sterile gauze dressing and change it daily.
 - Puncture wounds (as from stepping on a nail) Soak the area in hot water and soap for 15 minutes. Try to make the puncture wound bleed some more. If there is any chance that an object has broken off inside the puncture wound or if your child has not had a tetanus booster in the last 5 years, call your child's health care provider.
 - Bruises Put ice on the bruise for 20 minutes. No other treatment should be necessary.
 - Slivers and splinters Most slivers can be removed with a needle and tweezers. Before you use them, sterilize the needle and tweezers with alcohol. Wash the skin surrounding the sliver with soap before you try to remove the sliver. Grasp the sliver firmly with tweezers and pull it out at the same angle it went in. Call your child's health care provider if you can't remove a sliver.
17. **Head injuries**
 - Observation and rest Observe your child for the first 2 hours after the injury. Encourage your child to lie down and rest until he no longer has symptoms. It is all right for your child to sleep; trying to keep him awake continuously is

unnecessary. Have your child sleep near you so you can periodically check on him.

- Diet Give your child only clear fluids (ones you can see through) and no food until he has gone 6 hours without vomiting. Vomiting is common after head injuries.
- Avoid pain medicines Don't give your child acetaminophen or ibuprofen because your provider needs to know your child's reaction to the injury. If your child's head hurts badly enough to need a pain reliever, your provider should check him.
- Special precautions and awakening Although your child is probably fine, watching him for 48 hours will ensure that you don't miss any serious complication. After 48 hours, however, your child should return to a normal routine and full activity.
 - Awaken your child twice during the night: once at your bedtime and once 4 hours later. (Awakening him every hour is unnecessary and next to impossible.) Arouse him until he is walking and talking normally. Do this for 2 nights. If his breathing becomes abnormal or his sleep is otherwise unusual, awaken him to be sure a coma is not developing. If you can't awaken your child, call 911 immediately.
 - Checking pupils is unnecessary. Some health care providers may ask you to check your child's pupils (the black centers of the eyes) to make sure they are equal in size and become smaller when you shine a flashlight on them. Unequal pupils are never seen before other symptoms like confusion and unsteady walking. In general, pupil checks are necessary only for a hospitalized child with a severe head injury.

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Lead Poisoning, Prevention of

What is lead poisoning?

Lead poisoning is a common preventable disease in the U.S. and Canada. Most commonly, lead poisoning is caused by being repeatedly exposed to small amounts of lead. Once lead is in the body it does not leave on its own. If enough lead builds up in the body it causes lead poisoning.

What are the symptoms of lead poisoning

There may not be any obvious symptoms at first, so parents of children with mild lead poisoning may not know to get medical help. Low levels of lead are harmful. The brain is most sensitive to lead exposure during the first 6 years of life. Exposure to lead may cause such problems as lowered IQ scores (an average of 7 IQ points lost), decreased attention span, decreased hearing, speech delays, and other developmental delays.

Though uncommon, exposure to large amounts of lead causes severe lead poisoning and major symptoms. The symptoms of severe lead poisoning include abdominal pains, headaches, vomiting, confusion, muscle weakness, seizures, hair loss, and anemia.

Where might my child be exposed to lead?

The most common source of lead exposure for children is lead-based paint. Lead was finally banned from house paint in 1978. Three-quarters of all houses built before 1960 contain lead-based paint. When paint chips or peels, young children can pick up these chips and chew them. More commonly, children swallow dust and soil contaminated with lead paint. Home remodeling and sanding put a great deal of lead powder into dust and soil. Because toddlers commonly put their hands in their mouths, suck their thumbs, and explore their environment by tasting things, they are at greater risk for lead poisoning.

Other sources of lead are air, water, and food. The amount of lead in the air from car exhaust has been markedly reduced now that unleaded gasoline is commonly used. Lead is found in low levels in some drinking water because lead-based solder on old water pipes may add lead to water. (Lead-based solder was not banned for use with water pipes until 1986.) Lead is also sometimes found in fruit juice, food stored in lead-glazed pottery, low-quality toys, metal trinkets, and crayons. Average lead levels in children in the U.S. have been declining in recent years, however all sources of lead have still not been eliminated.

How do I prevent lead poisoning?

- Make sure your child is not exposed to peeling paint. Pay special attention to windowsills.
- To remove lead dust:
 - Rinse your child's hands and face before she eats.
 - Rinse toys and pacifiers frequently.
 - If your child sucks his thumb or fingers, rinse his hands frequently.
 - Wet-mop your hard surface floors.
- Close off rooms that are being remodeled.
- If you have leaded paint on the outside of your house, keep lead dust from being tracked into your house. Have a washable mat at each door entry so everyone who enters wipes their feet. If the soil around your house is definitely contaminated with lead, have a rule that people take off their shoes before coming into your house.
- If the soil around your home is contaminated with lead, replace it or plant bushes next to the walls so that children cannot play there.
- If you need water for cooking or for preparing formula, use only water from the cold water tap. If the water hasn't been used for several hours, let the water run for 2 minutes before you use it. (Lead dissolves more in warm water or standing water.) If you are concerned, have your water tested for lead.
- Do not store food or drink in pottery that may not have been fired correctly.
- Make sure your child's diet contains enough iron and calcium. Both of these minerals make it harder for the body to absorb lead.
- Make sure that all adults who work with lead shower and change clothes before spending time with your child.

- Make sure your child's toys and crayons are made by a reputable manufacturer.

How can I check if my child has lead poisoning?

Lead poisoning is diagnosed by a blood test. In most states only children who are at high risk for lead poisoning are tested. For high risk children this test is done when children are 12 months old and repeated when they are 2 years old. You should have your child tested if:

- Your child lives in or regularly visits a house or structure with peeling or chipped paint that was built before 1950, including day care centers, preschools, or homes of baby sitters and relatives.
- Your child lives in or regularly visits a home that is being renovated and was built before 1978.
- Your child has a brother, sister, housemate, or playmate who is being tested or treated for lead poisoning.
- Your child lives with an adult whose job or hobby involves exposure to lead. Examples of such jobs or hobbies include furniture refinishing, making stained glass, making pottery, using indoor firing ranges, and working in industries such as storage batteries, automotive repair, and bridge, tunnel, and elevated highway construction.
- Your child lives near an active smelter, battery recycling plant, mine tailing pile, or other industry likely to release lead.
- Your child receives medical treatment for removal of a foreign body from the ear, nose, or stomach.
- Your child has the habit of swallowing nonfood substances (pica).
- Your child is less than 6 years old and has an unexplained developmental delay, hearing defect, irritability, severe attention deficit, violent tantrums, or unexplained anemia.
- Your child lives in a neighborhood at high risk for lead poisoning (often identified by zip code).

Children who remain at high risk for lead exposure should be tested for lead at least every year until their 6th birthday. The levels of lead when a child is 12 months old and 24 months old are especially important.

How is it treated?

Children with high levels of lead in their blood or symptoms of lead poisoning need to start taking a medicine (called a chelating agent) that binds with the lead and carries it out of the body. All children need to be protected from re-exposure to the lead until it is removed. A public health agency or housing agency should carefully inspect the child's home for lead hazards. Your family should take all of the precautions for preventing lead exposure.

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Passive Smoking

What is passive smoking?

Nonsmoking children who live in homes with smokers are exposed to cigarette smoke. This situation is called "passive smoking."

The smoke comes from two sources: secondhand smoke and sidestream smoke. Secondhand smoke is the smoke exhaled by the smoker. Sidestream smoke is the smoke that rises off the end of a burning cigarette. Most of the smoke in a room is sidestream smoke. Sidestream smoke contains 2 or 3 times more harmful chemicals than secondhand smoke because it does not pass through the cigarette filter. At its worst, a child in a very smoky room for one hour with several smokers inhales as many bad chemicals as he would by actually smoking 10 or more cigarettes.

In general, children of smoking mothers absorb more smoke into their bodies than children of smoking fathers because they spend more time with their mothers. Children who are breast-fed by a smoking mother are at the greatest risk because chemicals from the smoke are in the breast milk as well as the surrounding air.

How does passive smoke harm my child?

Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.

The impact of passive smoke is worse during the first 5 years of life, when children spend most of their time with their parents. The more smokers there are in a household and the more they smoke, the more severe a child's symptoms are.

Passive smoking is especially hazardous to children who have asthma. Exposure to smoke causes more severe asthma attacks, more emergency room visits, and more admissions to the hospital. These children are also less likely to outgrow their asthma.

The following conditions are worsened by passive smoking:

- pneumonia
- coughs or bronchitis
- croup or laryngitis
- wheezing or bronchiolitis
- asthma attacks
- flu (influenza)
- ear infections
- middle ear fluid and blockage
- colds or upper respiratory infections
- sinus infections
- sore throats
- eye irritation
- crib deaths (SIDS)
- school absenteeism caused by illness.

How can I protect my child from passive smoking?

- **Give up smoking.** You can stop smoking if you get help. Sign up for a stop-smoking class or program. If you need some self-help reading materials, call your local American Lung Association or American Cancer Society office. If you want your child not to smoke, set a good example by not smoking yourself. It is even more important to give up smoking if you are pregnant. The unborn baby of a smoking mother has twice the risk for prematurity and newborn complications. You must also avoid smoking if you are breast-feeding because harmful chemicals from the smoke get into the breast milk. For more information call the National Cancer Institute on their toll-free line: 1-800-4-CANCER.

- **Never smoke inside your home.** Some parents find it very difficult to give up smoking, but all parents can change their smoking habits. Smoke only when you are away from home. If you have to smoke when you are home, smoke only in your garage or on the porch. If you have to smoke inside your house, decide which room in your home will be a smoking room. Keep the door to this room closed and open a window sometimes to let fresh air into the room. Wear an overshirt in this room so your underlying clothing does not collect the smoke. Never allow your child inside this room. Don't smoke in any other parts of the house. Visitors must also smoke only in this one room.
- **Never smoke when you are close to your child.** If you cannot limit your smoking to one room, at least don't smoke when you are holding your child. Never smoke in a car when your child is a passenger. Never smoke when you are feeding or bathing your child. Never smoke in your child's bedroom. These precautions will reduce your child's exposure to smoke and protect him from cigarette burns. Even doing just this much will help your child to some degree.
- **Avoid leaving your child with someone who smokes.** Ask about smoking when you are looking for day care centers or baby sitters. If your child has asthma, this safeguard is crucial.

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Poisoning

When should I call the Poison Center or my health care provider?

Call **IMMEDIATELY** any time you think your child has swallowed a poison.

Be prepared to answer the following questions:

- What was swallowed?
- How much was swallowed?
- When was it swallowed?
- Does your child have any symptoms?

What if acids, alkalis, or petroleum products are swallowed?

Acidic and alkaline substances and petroleum products include toilet bowl cleaners, oven cleaners, drain cleaners, lye, automatic dishwasher detergent, and Clinitest tablets. They also include ammonia, bleaches, kerosene, gasoline, benzene, furniture polish, and lighter fluid. If your child vomits after swallowing these, more damage to the esophagus or lungs can occur.

- **First Aid** Do not try to make your child throw up. Give your child 2 or 3 ounces of water (or milk) to drink to wash out the esophagus. Do not give your child too much fluid or it could cause your child to vomit. Keep your child sitting or standing to protect the esophagus. Do not let him lie down. Go to the nearest emergency room. Bring the container the poison was in with you.

What if drugs, chemicals, or plants are swallowed?

Most prescription medicines are a problem if taken as an overdose. Chemicals and many plants are also poisonous. The most dangerous drugs (in overdoses) are barbiturates, clonidine, digitalis products, narcotics, Lomotil, Darvon, Tofranil, and other tricyclic antidepressants. Some dangerous nonprescription medicines are iron and aspirin.

- **First Aid** The National Poison Center hotline number is 1-800-222-1222. This number will automatically connect you with your local poison center. Do not make your child throw up. Syrup of ipecac is no longer used for poisonings. If you have any ipecac in your home, get rid of it by flushing it down the toilet.

What are some harmless substances?

Fortunately, many children will swallow nonedible substances that do not cause any serious problems. In these cases it is not necessary to try to get your child to throw up.

Some examples of nontoxic substances are:

- candles
- chalk, crayons, ballpoint pens, felt tip pens, or pencils (the "lead" is actually graphite)
- hair sprays, hand lotions, or perfumes
- dog/cat food or cat litter
- deodorants, detergents, toothpaste, or hand soaps
- dirt
- greases and oils
- silica granules

- petroleum jelly, shampoos, shaving cream, or suntan lotions.

Call your health care provider to make sure that what your child swallowed is harmless.

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Preparation for Calling a Physician

Before calling your physician, have a pencil and paper ready and the following information (except in emergencies):

- Your child's main symptoms Note: If your child has a chronic disease, be sure to mention it.
- Your child's temperature (if he or she is sick)
- Your child's approximate weight (needed for calculating drug dosages)
- The names and dosages of any medication your child is taking
- Your pharmacy's telephone number
- Your questions written down

Have your child nearby in case something needs to be checked.

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Tooth Decay Prevention

What is tooth decay?

Tooth decay is when the enamel of a tooth is destroyed. It may cause toothaches, lost teeth, malocclusion (poor bite), and costly visits to the dentist. Fortunately, modern dentistry can prevent 80% to 90% of tooth decay.

How can I help my child prevent tooth decay?

Here are some tips for raising cavity-free kids.

Fluoride

Fluoride builds strong, decay-resistant enamel and reduces cavities by 70%. Children 6 months to 16 years old need fluoride. By 16 years, the enamel formation on the 3rd molars is completed. Drinking fluoridated water (containing 0.7 to 1.2 parts fluoride per million) or taking a prescription fluoride supplement is the best protection against tooth decay.

To get enough fluoride from drinking water, a child must drink at least 1 pint of fluoridated water each day. By school age a child should drink 1 quart of fluoridated water per day. Fluoride is safe. Over half of all Americans drink fluoridated water. Fluoride has been added to water supplies for over 50 years.

If fluoride isn't added to your city's water supply or you are breast-feeding, ask your health care provider for a prescription for fluoride drops or tablets during your next routine visit. The dosage of fluoride is:

- 0.25 mg per day for children up to 3 years old
- 0.5 mg per day for children 3 to 6 years old
- 1.0 mg for children over age 6.

Mixing fluoride with milk reduces absorption of the fluoride to 70%. For this reason you should give fluoride to your child when he or she has an empty stomach.

Bottled water usually doesn't contain enough fluoride. Call the bottled water producer for information. If your child drinks bottled water containing 0.6 or less parts fluoride per million, ask your provider for a fluoride supplement.

One concern about fluoride is white spots or mottling on the teeth (called fluorosis). This can occur when a child has 2 mg or more fluoride per day. Children may get too much fluoride if they receive fluoride supplements when fluoride is already present in the city water supply. Occasionally they can get extra fluoride by eating their toothpaste. A ribbon of toothpaste contains about 1 mg of fluoride. Therefore, people of all ages should use only a drop of toothpaste the size of a pea. This precaution, and encouraging your child not to swallow most of the toothpaste, will prevent fluorosis.

Toothbrushing and flossing

The purpose of toothbrushing is to remove plaque from the teeth. Plaque is the invisible scum that forms on the surface of teeth. Within this plaque, mouth bacteria change sugars to acids, which in turn etches the tooth enamel.

Toothbrushing should begin before a child is 1 year old. Help your child brush at least until after the age of 6 years. Most children don't have the coordination or strength to brush their own teeth adequately before then. If your child is negative about tooth-brushing, have him brush your teeth first before you brush his.

Try to brush after each meal, but especially after the last meal or snack of the day. To prevent mouth bacteria from changing food caught in the teeth into acid, brush the teeth within the first 5 to 10 minutes after meals. If your child is in a setting where he can't brush his teeth, teach him to rinse his mouth with water after meals instead.

Brush the molars (back teeth) carefully. Decay usually starts in the pits and crevices in these teeth. Dental floss is very useful for cleaning between the teeth where a brush can't reach. This should begin when your child's molars start to touch. In the early years, most of the teeth have spaces between them.

A fluoride toothpaste is beneficial at all ages starting at 1 year. Adults and children tend to use too much toothpaste. An amount the size of a small pea is all that you need.

Diet

A healthy diet from a dental standpoint is one that keeps the sugar concentration in the mouth at a low level. The worst foods for your teeth contain sugar and also stick to the teeth.

If your child is a baby, prevent baby-bottle cavities by not letting your infant sleep with a bottle of milk or juice. After the

first teeth appear give your baby a bottle of water if your child must have a bottle at night. It is better to put your child to bed after he or she is finished with the bottle.

Avoid letting your child carry around a bottle or sippy-cups during waking hours. Young children who use milk, juice or other sweetened liquid for comforting, are prone to severe dental decay.

Discourage your child from eating foods such as hard candy or sticky sweets (for example, caramels or raisins). When a child eats these foods his or her teeth are in contact with sugar for a long time. Since no one can keep children away from candy completely, try to teach your child to brush after eating it. Avoid frequent snacks and offer foods that contain sugar with meals only.

Dental sealants

The latest breakthrough in dental research is dental sealing of the pits and fissures of the biting surfaces of the molars. Fluoride does little to prevent decay on these surfaces. A special plastic seal can be applied to the top surfaces of the permanent molars at about age 6. The seal may protect against decay for 10 to 20 years without needing replacement. Ask your child's dentist about the latest recommendations.

Dentist visits

The American Dental Association recommends that dental checkups begin at the age of 3 years (sooner for dental symptoms or teeth that look abnormal).

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Discipline Basics

About Discipline

The first goal of discipline is to protect your child from danger. Another very important goal is to teach your child an understanding of right from wrong. Good discipline gradually changes a self-centered child into a mature adult who is thoughtful and respectful of others, assertive without being hostile, and in control of his or her impulses. Reasonable limit-setting keeps us from raising a "spoiled" child. The word "discipline" means "to teach." It does not mean "to punish."

To teach respect for the rights of others, first teach your child about parents' rights. Children need parents who are "in charge." You will need to start showing your child that you are in charge at about 6 months of age. Children do not start to develop self-control until 3 or 4 years of age. They continue to need you to help control their behavior, in gradually decreasing amounts, through adolescence.

If your child has several discipline problems or is out of control, start reading the section titled "How to Begin a Discipline Program." If you want to learn more about normal discipline, go directly to the section titled "Guidelines for Setting Rules."

How To Begin a Discipline Program

1. **List problem behaviors.** What do you want to change? Over the next 3 or 4 days, note and write down your child's inappropriate or annoying behavior traits.
2. **Set priorities for correcting the problem behavior.** Some misbehavior needs immediate attention (for example, behavior that might harm your child or others). Some behavior is too annoying or obnoxious to be ignored (such as not going to bed). Some unpleasant behavior (such as, saying "No" all the time between age 2 and 3) is normal and should be tolerated. Some families with a child who is out of control have too many rules and need to think about what misbehavior can be overlooked.
3. **Write house rules about the most important kinds of misbehavior.** See the section titled "Guidelines for Setting Rules."
4. **Decide what punishment you will use for each type of misbehavior.** All behavior, good and bad, is mainly affected (or shaped) by consequences. If the consequence is pleasant (for example, a reward or praise), the child is more likely to repeat that behavior. If the consequence is unpleasant (a punishment), the child is less likely to do the same thing again. Young children usually do not respond to lectures or reminders. Actions speak louder than words. The most effective actions are ignoring the misbehavior, redirecting the child to appropriate behavior, or giving your child a time-out. For further information on forms of punishment, see the section titled "Discipline Techniques."
5. **Temporarily stop any physical punishment.** Most out-of-control children are already too aggressive. Physical punishment teaches them that it's OK to be aggressive (for example, hit or hurt someone else) to solve problems.
6. **Stop yelling.** Yelling and screaming teach your child to yell back; you are thereby legitimizing shouting matches. Your child will sense from your yelling that you are not feeling in charge. Yelling often escalates the disagreement into a win-lose battle. Your child will respond better in the long run to a pleasant tone of voice and words of diplomacy.
7. **Don't take your child to public places until his or her behavior is under control at home.** Misbehaving children are usually more difficult to control in a shopping mall or supermarket than at home. Leave your child with a baby sitter or spouse when you need to go to these places.
8. **Take daily breaks from your child.** Ask your spouse to give you a break from supervising your young child, to take over all the discipline for a few hours. If this is impossible, hire a teenager a few times a week to look after your child while you go out. Also make a "date" for a weekly night out with your spouse or a friend.
9. **Give your child more positive feedback.** Children respond to discipline from people they feel loved by and want to please. Every child needs daily praise, smiles, and hugs. Give your child this increased attention when he or she is not demanding it, especially if the child is behaving well. Try especially hard to notice the times when your child is being good. If your child receives more negative comments and criticisms each day than positive responses, you need to restore an emotionally healthy balance by having less rules, criticizing your child less, and giving your child more praise and affection. Many experts feel that it takes several positive contacts to counter one negative one. (For further information, see the section titled "Guidelines for Positive Reinforcement.")
10. **Protect your child's self-esteem.** Your child's self-esteem is more important than how well disciplined he or she is. Don't discuss your child's discipline problems and your concerns about him or her when your child is around. Correct your child in a kind way. Sometimes begin your correction with "I'm sorry I can't let you" Don't label your child a "bad girl" or "bad boy." After punishment is over, welcome your child back into the family circle, telling him or her that all is forgiven.

Guidelines for Setting Rules

1. **Begin discipline at about 6 months of age.** Newborns don't need any discipline. Starting at 6 months, however, parents can begin to clarify their own rights. If your child makes it difficult to change a diaper by kicking and wiggling you can say firmly, "No, help Mommy change your diaper." By 8 months of age, children need rules for their own safety.
2. **Express each misbehavior as a clear and concrete rule.** Your child may not understand vague descriptions of misbehavior such as "hyperactive," "irresponsible," or "mean." The younger the child, the more concrete the rule must be. Examples of clear rules are: "Don't push your brother" and "Don't interrupt me on the telephone."
3. **Also state the acceptable, desired, adaptive, or appropriate behavior.** Your child needs to know what is expected of him or her. Examples are: "Play with your brother," "Look at books when I'm on the telephone," or "Walk, don't run." Make your praise of good behavior specific; for example, "Thank you for being quiet."
4. **Ignore unimportant or irrelevant misbehavior.** The more rules you have, the less likely your child is to obey them. Constant criticism usually doesn't work. Behavior such as swinging the legs, poor table manners, or normal negativism is unimportant during the early years.
5. **Use rules that are fair and attainable.** Rules must fit your child's age. A child should not be punished for clumsiness when he or she is learning to walk, nor for poor pronunciation when the child is learning to speak. In addition, a child should not be punished for behavior that is part of normal emotional development, such as thumbsucking, fears of being separated from his or her parents, and toilet training accidents.
6. **Concentrate on two or three rules initially.** Give highest priority to issues of safety, such as not running into the street, and to the prevention of harm to others. Of next importance is behavior that damages property. Then come all the annoying behavior traits that wear you down.
7. **Avoid trying to change "no-win" power struggles through punishment.** "No-win behavior" is behavior that usually cannot be controlled by the parent if the child decides to continue it. Examples are wetting pants, hair pulling, thumbsucking, body rocking, masturbation, not eating enough, not going to sleep, and refusal to complete schoolwork. The first step in resolving such a power struggle is to withdraw from the conflict and stop punishing your child for the misbehavior. Then give your child positive reinforcement, such as praise, when he or she behaves as you'd like. (See the section titled "Guidelines for Positive Reinforcement.")
8. **Apply the rules consistently.** After the parents agree on the rules, it may be helpful to write them down and post them in a conspicuous place in the home.

Discipline Techniques (Including Consequences)

1. **Summary of techniques to use for different ages** The techniques mentioned here are further described after this list.
 - From birth to 6 months: no discipline necessary.
 - From 6 months to 3 years: structuring the home environment, distracting, ignoring, verbal and nonverbal disapproval, moving or escorting, and temporary time-out.
 - From 3 years to 5 years: the preceding techniques (especially temporary time-out), plus natural consequences, restricting places where the child can misbehave, and logical consequences.
 - From 5 years to adolescence: the preceding techniques plus delay of a privilege, "I" messages, and negotiation and family conferences. Structuring the environment and distraction can be discontinued.
 - Adolescence: logical consequences, "I" messages, and family conferences about house rules. By the time your child is an adolescent, you should stop using manual guidance and time-out techniques.
2. **Structuring the home environment** You can change your child's surroundings so that an object or situation that could cause a problem is eliminated. Examples are: putting breakables out of reach, fencing in a yard, setting up gates, putting locks on a special desk, or locking certain rooms.
3. **Distracting your child from misbehavior** Distracting a young child from temptation by attracting his or her attention to something else is especially helpful when the child is in someone else's house, a doctor's office, or a store. It would be difficult to use other options for discipline (such as time-out) in such places. You may also want to give your child something to distract him or her from trouble if you're going to be busy at home with guests, the telephone, or feeding a baby. Most children can be distracted with toys or food. School-age children may need books, games, or other activities to keep their attention. Distracting is also called "diverting" or "redirecting."

4. **Ignoring the misbehavior** Ignoring helps stop unacceptable behavior that is harmless--such as tantrums, sulking, whining, quarreling, or interrupting. The proper way to ignore this behavior is to move away from your child, turn your back, avoid eye contact, and stop any conversation with your child. Ignore any protests or excuses. Sometimes you may need to leave the area where your child is misbehaving. Ignoring is also called extinction.
5. **Verbal and nonverbal disapproval** Mild disapproval is often all that is required to stop a young child's misbehavior. Get close to your child, get eye contact, look stern, and give a brief, direct instruction, such as "No" or "Stop." You can speak in a disapproving but soft tone because you are close to your child. Show your child what you want him or her to do. You may want to underscore that you are serious by pointing or shaking your finger. The most common mistake parents make when they use this technique is smiling or laughing.
6. **Moving or escorting (manual guidance)** "Manual guidance" means that you move a child from one place to another against his or her will. Sometimes children must be physically moved from a place where they are causing trouble to a time-out chair. At other times they must be taken to the bed, bath, or car if they refuse to go on their own. Guide your child by the hand or forearm. If your child refuses to be led, pick the child up from behind and carry him or her.
7. **Temporary time-out or social isolation** Time-out removes the child from the scene of the unacceptable behavior to a boring place (for example, a playpen, corner, chair, or bedroom). Time-out is the most effective discipline technique available to parents for dealing with misbehaving infants and young children. Time-outs should last about 1 minute per year of age and not more than 5 minutes.
8. **Natural consequences** By experiencing the natural consequences of his or her own actions, your child learns good behavior from the natural laws of the physical world. Examples are: Coming to dinner late means the food will be cold; not dressing properly for the weather means your child will be cold or wet; not wearing mittens while playing in the snow will lead to cold hands; running on ice can lead to falling down; putting sand in the mouth leads to an unpleasant taste; breaking a toy means it isn't fun to play with anymore; and going to bed late means being sleepy in the morning. Although it is very helpful for children to learn from their mistakes, it is important that they not be allowed to do anything that could hurt them or others, such as by playing with matches or running into the street.
9. **Restricting places where a child can misbehave** This technique is especially helpful for behavior problems that can't be eliminated. Allowing such misbehavior as nose picking and masturbation in your child's room prevents an unnecessary power struggle. Roughhousing can be restricted to outdoors. You may decide to allow your child to ride the tricycle only in the basement during winter.
10. **Logical consequences** Logical consequences are consequences that you impose on your child as a result of his or her misbehavior. They should be logically related to the misbehavior, making your child accountable for his or her problems and decisions. Many logical consequences are simply the temporary removal of a possession or privilege. Examples are: taking away toys or crayons that are not handled properly, not replacing a lost toy, not repairing a broken toy, sending your child to school partially dressed if the child won't dress himself or herself, having your child clean up milk the child has spilled or a floor the child has tracked mud on, having your child clean messy underwear, and turning off the TV if children are quarreling about it. In addition, your child can temporarily lose TV, telephone, shopping, bicycle, and car privileges if they are misused. The schoolteacher will provide appropriate logical consequences if your child does not complete homework assignments. Do not punish children by depriving them of basic essentials, such as a meal; organized activities with groups such as a team or scout troop; or events your child has looked forward to for a long time, such as going to the circus.
11. **Delay of a privilege** This technique involves requiring your child to finish a less preferable activity before a more preferable one is allowed ("work before play"). Examples are: "After you clean your room, you can go out and play"; "When you finish your homework, you can watch TV"; and "When you have tasted all your foods, you can have dessert."
12. **"I" messages** When your child misbehaves, tell your child how you feel. Say, "I am angry" or "I am upset when you do such and such." Your child is more likely to listen and respond positively to you than if everything you say to your child starts with "you." "You" messages usually trigger a defensive reaction.
13. **Negotiation and family conferences** As children become older they need more communication and discussion with their parents about problems. A parent can begin such a conversation by saying, "We need to change these things. What are some ways we could handle this?" Discussions involving the whole family (family conferences) also are helpful.

Guidelines For Giving Consequences (Punishments)

1. **Be unambivalent.** Mean what you say and follow through. Be stern and tough. Take charge.
2. **Correct with love.** Talk to your child the way you want people to talk to you. Avoid yelling or using a disrespectful tone of voice. For example, say gently, "I'm sorry you left the yard. Now you must stay in the house."
3. **Give one warning or reminder before you punish your child.** When you know your child understands the rule,

this warning is unnecessary and you can punish your child without a warning. Do not just keep repeating threats of punishment if your child doesn't stop what he or she is doing.

4. **Punish your child for clear intent of aggressive behavior.** Try to stop your child before someone is hurt or damage is done. An example would be that you see your child raising a toy to hit a playmate.
5. **Give the consequence immediately.** Delayed consequences are less effective because young children forget why they are being punished. Punishment should occur very soon after the misbehavior and be administered by the adult who witnessed the misdeed. An exception for children older than 4 or 5 years of age is when they misbehave outside the home, where you cannot give a time-out. You could put checkmarks on your child's hand with a felt-tip pen to indicate the number of punishments the child will receive when you get home. The punishments might be 30 minutes of lost TV time for each checkmark.
6. **Make a one-sentence comment about the rule when you punish your child.** Avoid making a long speech.
7. **Ignore your child's arguments while you are correcting him or her.** This is the child's way of delaying punishment. Especially under 3 years of age, children mainly understand action, not words.
8. **Make the punishment brief.** Take toys out of circulation for no more than 1 or 2 days. Time-outs should last no longer than 1 minute per year of the child's age.
9. **Keep the consequence in proportion to the misbehavior.** Also try to make the consequence relate to the misbehavior (logical consequences).
10. **Follow the consequence with love and trust.** Welcome your child back into the family circle and do not comment upon the previous misbehavior or require an apology for it.
11. **Direct the punishment against the misbehavior, not the person.** Avoid degrading comments such as, "You never do anything right."
12. **Expect behavior to get worse before it gets better.** Children who are out of control initially go through a phase of testing their parents before they comply with the new system. This testing usually lasts 2 or 3 days.

Guidelines for Positive Reinforcement of Desired Behavior

Most parents don't give enough positive reinforcement, especially touching and hugs. Don't take good behavior for granted. Watch for behavior you like, then praise your child by saying such things as "I like the way you ...," or "I appreciate" When you say this, move close to your child, look at him or her, smile, and be affectionate. A parent's affection and attention is the favorite reward of most children.

There are two kinds of positive reinforcement: social and material. Social positive reinforcement, such as praise, should be used when your child behaves in a desired way. Praise the behavior, not the person. Examples are sharing toys, having good manners, doing chores, playing cooperatively, treating the baby gently, petting the dog gently, being a good sport, cleaning the room, or reading a book. Your child can also be praised for trying, such as trying to use the potty or attempting something difficult, like a puzzle. Praise will make your child want to behave well more often. Try to "catch" your child being good, and comment on it three or more times for every one time you discipline or criticize your child.

Material reinforcers are often candy, animal crackers, money or video-time. Use material reinforcers as incentives to increase the frequency of more responsible behavior. They may be useful in overcoming resistance when children are entrenched in power struggles around "no-win" behaviors (for example, wetting or soiling their pants). Material reinforcers should be used for only one problem behavior at a time and when praise alone hasn't worked. They should be phased out and replaced by natural (social) reinforcers as soon as possible.

Call Your Child's Health Care Provider During Office Hours If:

- Your child's misbehavior is dangerous.
- The instances of misbehavior seem too numerous to count.
- Your child is also having behavior problems at school.
- Your child doesn't seem to have many good points.
- Your child seems depressed.
- The parents can't agree on discipline.
- You can't give up physical punishment. (Note: Call immediately if you are afraid you might hurt your child.)
- The misbehavior does not improve after 1 month of using this approach.

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Nightmares

What is a nightmare?

Nightmares are scary dreams that awaken a child. Occasional bad dreams are normal at all ages after about 6 months of age. When infants have a nightmare, they cry and scream until someone comes to them. When preschoolers have a nightmare, they usually cry and run into their parents' bedroom. Older children begin to understand what a nightmare is and put themselves back to sleep without waking their parents.

What is the cause?

Everyone dreams 4 or 5 times each night. Some dreams are good, some are bad. Dreams help the mind process complicated events or information. The content of nightmares usually relates to developmental challenges such as:

- toddlers have nightmares about separation from their parents
- preschoolers have nightmares about monsters or the dark
- school-age children have nightmares about death or real dangers. Frequent nightmares may be caused by violent TV shows or movies.

How can I help my child?

- **Reassure and cuddle your child.** Explain to your child that she was having a bad dream. Sit on the bed until your child is calm. Offer to leave the bedroom door open (never close the door on a fearful child). Provide a nightlight, especially if your child has fears of the dark. Most children return to sleep fairly quickly.
- **Help your child talk about the bad dreams during the day.** Your child may not remember what the dream was about unless you can remind him of something he said about it when he woke up. If your child was dreaming about falling or being chased, reassure him that lots of children dream about that. If your child has the same bad dream over and over again, help him imagine a good ending to the bad dream. Encourage your child to use a strong person or a magic weapon to help him overcome the bad person or event in the dream. You may want to help your child draw pictures or write stories about the new happier ending for the dream. Working through a bad fear often takes several conversations about it.
- **Protect your child against frightening movies and TV shows.** For many children, violent shows or horror movies cause bedtime fears and nightmares. These fears can persist for months or years. Absolutely forbid these movies before 13 years of age. Between 13 and 17 years, the maturity and sensitivity of your child must be considered carefully in deciding when he is ready to deal with the uncut versions of R-rated movies. Be vigilant about slumber parties or Halloween parties. Tell your child to call you if the family he is visiting is showing scary movies.

When should I call my child's health care provider?

Call during office hours if:

- The nightmares become worse.
- The nightmares are not minimal after using this approach for 2 weeks.
- The fear interferes with daytime activities.
- Your child has several fears.
- You have other concerns or questions.

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Temper Tantrums

What is a temper tantrum?

A temper tantrum is an immature way of expressing anger. No matter how calm and gentle a parent you are, your child will probably throw some tantrums. Try to teach your child that temper tantrums don't work and that you don't change your mind because of them. By 3 years of age, you can begin to teach your child to verbalize his feelings ("You feel angry because...."). We need to teach children that anger is normal but that it must be channeled appropriately. By school age, temper tantrums should be rare. By adolescence, your teenager can be reminded that blowing up creates a bad impression and that counting to 10 can help him regain control.

What should I do when my child has a tantrum?

Overall, praise your child when he controls his temper, verbally expresses his anger, and is cooperative. Be a good model by staying calm and not screaming or having adult tantrums. Avoid spanking because it suggests to your child that you are out of control. Try using the following responses to the different types of temper tantrums.

- 1. Support and help children having frustration- or fatigue-related tantrums.** Children often have temper tantrums when they are frustrated with themselves. They may be frustrated because they can't put something together. Young children may be frustrated because their parents don't understand their speech. Older children may be frustrated with their inability to do their homework. At these times your child needs encouragement and a parent who listens. Put an arm around him and say something that shows understanding such as "I know it's hard, but you'll get better at it. Is there something I can do to help you?" Also give praise for not giving up. Some of these tantrums can be prevented by steering your child away from tasks that he can't do well. Children tend to have more temper tantrums when they are tired (for example, when they've missed a nap) because they are less able to cope with frustrating situations. At these times put your child to bed. Hunger can contribute to temper tantrums. If you suspect this, give your child a snack. Temper tantrums also increase during sickness.
- 2. Ignore attention-seeking or demanding-type tantrums.** Young children may throw temper tantrums to get their way. They may want to go with you rather than be left with the baby sitter, want candy, want to empty a desk drawer, or want to go outside in bad weather. Tantrums for attention may include whining, crying, pounding or hitting the floor or door, slamming a door, or breath-holding. As long as your child stays in one place and is not too disruptive, you can leave him alone. If you recognize that a certain event is going to push your child over the edge, try to shift his attention to something else. However, don't give in to your child's demands. During the temper tantrum, if his behavior is harmless, ignore it completely. Once a tantrum has started, it rarely can be stopped. Move away, even to a different room; then your child no longer has an audience. Don't try to reason with your child. Simply state, "I can see you're very angry. I'll leave you alone until you cool off. Let me know if you want to talk." Let your child regain control. After the tantrum, be friendly and try to return things to normal. You can prevent some of these tantrums by saying "No" less often.
- 3. Physically move children having refusal-type or avoidance-type tantrums.** If your child refuses something unimportant (such as a snack or lying down in bed), let it go before a tantrum begins. However, if your child must do something important, such as go to bed or to day care, he should not be able to avoid it by having a tantrum. Some of these tantrums can be prevented by giving your child a 5-minute warning instead of asking him suddenly to stop what he is doing. Once a tantrum has begun, let your child have the tantrum for 2 or 3 minutes. Try to put his displeasure into words: "You want to play some more, but it's bedtime." Then take him to the intended destination (for example, the bed), helping him as much as is needed (including carrying).
- 4. Use time-outs for disruptive-type tantrums.** Some temper tantrums are too disruptive or aggressive for parents to ignore. On such occasions send or take your child to his room for 2 to 5 minutes. Examples of disruptive behavior include:
 - Clinging to you or following you around during the tantrum.
 - Hitting you.
 - Screaming or yelling for such a long time that it gets on your nerves.
 - Having a temper tantrum in a public place such as a restaurant or church. (Move your child to another place for his time-out. The rights of other people need to be protected.)
 - Throwing something or damaging property during a temper tantrum.
- 5. Hold children having harmful or rage-type tantrums.** If your child is totally out of control and screaming wildly, consider holding him. His loss of control probably scares him. Also hold your child when he is having tantrums that carry a danger of self-injury (such as if he is violently throwing himself backward). Take your child in your arms, tell him you know he is angry, and offer him your sense of control. Hold him until you feel his body start to relax. This usually takes 1 to 3 minutes. Then let him go. This comforting response is rarely needed after 3 years of age. Some

children won't want you to comfort them. Hold your child only if it helps. If your child says "Go away," do so. After the tantrum subsides, your child will often want to be held briefly. This is a good way to get him back into the family activities.

When should I call my child's health care provider?

Call during office hours if:

- Your child has hurt himself or others during tantrums.
- The tantrums occur five or more times per day.
- The tantrums also occur in school.
- Your child has several other behavior problems.
- One of the parents has tantrums or screaming bouts and can't give them up.
- This approach does not bring improvement within 2 weeks.
- You have other questions or concerns.

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Clothing Needs for New Baby

Clothes for your new baby do not have to be elaborate or expensive. A number of factors determine what you should purchase before your baby's arrival:

1. What climate you live in and what season of the year is it?
2. Do you have a washer and dryer so you can wash clothes more often?
3. Do you have friends or relatives who might give or loan you clothes?
4. Will you receive gifts and presents before or after the baby is born?

Clothing Items You Will Need

- 2 Body suits (Onesies) or T-shirts (size Newborn). T-shirts are good at first until the umbilical cord falls off.
- 4 to 6 Body suits (Onesies) size Small
- 4 to 6 Sleepers or gowns (a couple newborn size, the rest size 6 months)
- 50 to 60 Newborn size disposable diapers (about 1 weeks worth). Babies grow so fast that you will start using the small (size 1) diaper in just a few weeks.
- 4 to 6 Diaper covers (if you are using cloth diapers or diaper service)
- 36 to 48 Cloth diapers (if you are using cloth diapers)
- 4 to 6 Stretch suits/Play suits (some newborn size, but most size 6 months)
- 3 to 4 Blanket sleepers (less if your baby is born during the summer)
- 4 to 6 Receiving blankets
- 2 Blankets
- 1 to 2 Sweaters/Sweatshirts/Jackets
- 4 to 6 Socks/Booties
- 6 Burp cloths (cloth diapers work well for this)

If it is **winter** you will need:

- 1 Snowsuit (make sure it is large enough to last the whole winter and fit over clothes)
- 1 Hat
- 2 Blanket sleepers

If it is **summer** you will need:

- 1 Swimsuit
- 1 Sun hat
- Swim diapers

Hints about Clothes and Dressing:

- Buy clothes based on your baby's weight, not according to age. Your baby will grow very fast the first few months and quickly outgrow small clothes. Most clothes that you use at first should be size 6 months or "up to 18 lbs."
- Think about spitting up, leaky diapers, and other common mishaps when deciding how many Onesies to buy.
- Look for clothing that is easy to put on and take off, such as onesies with snaps or large openings at the neck, sleepers with zippers that go from neck to foot, and pants with snaps at the crotch. This makes it easy to change diapers.
- Make sure that seams in clothes are not scratchy or bulky and that there are no loose threads to snag your baby's toes or fingers.
- Read the washing instructions on clothing tags. Some baby clothing has a fire-retardant coating that can come off if not washed properly.
- Dress your baby for comfort and the weather. Use layers of clothing rather than a lot of heavy clothes so you can add or take off layers as needed.
- Use loose fitting socks or booties so your baby can wiggle his or her toes. If it is warm, your baby can be barefoot. Babies do not need shoes or no-skid socks until they start walking.
- Pull clothes over the head quickly. Babies panic when their breathing is blocked. Remember this when you pull clothes over your baby's head. Gather the clothes at the back of the head, put the clothes on the back of the head, and then pull them quickly over your baby's face. When taking off shirts, take the arms out first and then pull it over your baby's head.

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Tips for Car Travel After the First Year

Car trips should be a pleasant time for you and your child. It is a good time for pleasant conversation and for teaching your child how to behave in the car. Correct placement in an approved child restraint device is the safest way to travel, even for short trips, for your child.

For kids more than a year old and between 20 and 40 pounds, you will need a forward-facing car seat. Read the directions that come with the car seat. Kids between 40 and 80 pounds and less than 4 foot 9 inches tall can use a booster seat. A booster seat makes lap and shoulder belts fit correctly over the upper thighs and hips and over the shoulder. Seat belts can be used for children over 80 pounds and taller than 4 feet 9 inches tall.

At any age, put the safety seat in the back seat of the car. It is much safer than the front seat. If your car has an airbag on the passenger side of the front seat, never place your child in the front seat. The airbag can actually hurt young children.

If your child is over 1 year old and has not ridden in a car safety seat before, follow these guidelines to help your child get used to the safety seat.

- Show the car safety seat to your child. Let him touch it and check it out. Be calm and matter-of-fact as your child learns about it.
- Make sure the car seat is installed correctly in the car. Read the instructions carefully. If you aren't sure if your seat fits properly in your car, contact a children's hospital or local fire department. Many of them have a child seat loaner program and can help you find a seat that fits properly and help you install it correctly.
- Set rules such as no throwing anything in the car, no playing with door locks or windows, and no unfastening safety belts. Remind your child about the rules of behavior before all car rides.
- Your first rides with the safety seat should be short practice rides, perhaps around the block. Point out interesting things that your child can see. Make it a positive experience for both of you.
- Praise your child often for behaving well. (For example: "Mike, you are sitting so quietly in your seat. Mommy is proud of you. You are a good boy....") You cannot praise your child too often.
- Include your child in pleasant conversation. (For example: "That was sure a good lunch. You really like hot dogs." or "You were a big help to me in the store." or "It'll be fun visiting grandma....")
- This is also a good time to teach your child about the world. (For example, "Callie, see that big, red, fire truck? Look at how fast it is going. What do firemen do? The light on the top is red. What else is red?") What you teach needs to be geared to the age of your child.
- With your frequent praise, teaching, and pleasant conversation, your child will stay interested and busy. He will pay attention to you instead of trying to get out of the seat.
- If your child even begins to try to release the seat belt or to climb out of the car seat, immediately tell him "No" in a firm voice. On your first few trips, pull over and stop and don't start driving the car until all is quiet. Also, state the rule clearly: "Do not take off your seat belt." Discipline your child if he tries to get out of the seat.
- Ignore yelling, screaming, and begging. As soon as your child is quiet, praise her for being quiet. You also should not yell, scream, and beg. Stay calm and matter-of-fact. Keep your child busy in conversation and looking at her world. Do not let your child out of the seat while you are traveling. This only teaches your child that yelling, screaming, and begging will finally get you to let her do what she wants.
- Older siblings should also be expected to behave well. If the young child sees an older sibling climbing or hanging out the window, he will want to do it also. Include older siblings in the conversation, praise, and teaching.
- Right after the ride, reward your child with 5 to 10 minutes of your time doing something that your child likes. For example, you might read a story or play a game, or let your child help fix lunch or put away the groceries. Do not get into the habit of buying presents for her good behavior. She enjoys time with you and it's less expensive and more rewarding for both of you.
- If your child is going to travel in a car with other drivers (grandparent, aunt, uncle, or baby sitter), make sure that they use the car safety seat. Make sure it is correctly fastened with the car seat belt.
- Never allow children to ride in the cargo area of a pick-up truck, minivan, or station wagon.
- Park where your child can get out of the car on the sidewalk side away from traffic. Never leave a child unattended in a parked car even for a minute.
- Do not have packages or heavy or sharp objects loose in the car. A sudden stop can cause them to shift and injure passengers.

- To help prevent choking, avoid lollipops, ice cream bars on a stick, and drinks with straws. Do not let children eat in a moving car.
- Hot belt and harness buckles can cause burns. Cover metal parts during hot weather.
- Make sure all doors are locked before starting the car. Teach children never to play with doors and locks.
- Carry a first aid kit and a fire extinguisher in your car.

In all states it is illegal for a child to ride in the car without being securely buckled into a safety seat. It is illegal because it is very, very dangerous. Please do what is best for your child--use a safety seat during every car ride.

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How Young Children Learn

Children learn through repetition. It takes practice for a child to crawl, drink from a cup, learn new words, or cross the street safely. Your child doesn't get bored when she repeats things. She needs to practice the same thing over and over again. By repeating things until she learns them, your child builds confidence to try new things. Be patient, and be prepared to repeat things several times before your child learns the lesson.

When you are teaching your child, give reasons when you ask your child to do something. Say, for example, "Please move your truck from the stairs so no one falls over it", rather than "Move it because I said so."

When your child does something wrong, criticize the behavior but not the child. Instead of saying "You are a bad boy!" say, "I love you, but it's not okay for you to draw pictures on the walls. I get angry when you do that." This helps your child learn that it is not okay to do certain things, without being scared that you do not love him anymore.

Catch your child doing something right. Praise your child for a job well done. Smiles and encouragement usually work much better than punishment.

Let your child do many things by herself. Young children need to be watched closely. However, they learn to make choices and build confidence by dressing themselves and putting their toys away.

Read aloud to your child every day. Even babies as young as 6 weeks love to be read to. Reading together gives your child a chance to learn about language and enjoy the sound of your voice.

Play is another way that children learn. Play helps children learn to solve problems, such as how to get toys upright if they fall over. When they stack up blocks, children learn about colors, numbers, geometry, shapes, and balance. Playing with others helps children learn how to share and not always get their own way. Give your child lots of changes to play.

Take your child to do and see new things. Go for walks in your neighborhood or go places on the bus. Visit museums, libraries, zoos and other places of interest. If you live in the city, spend a day in the country. If you live in the country, spend a day in the city. Let your child play music, dance, and paint.

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Burn Safety: Hot Water Temperature

The leading cause of deaths and injuries to children at home is accidents. Scalding from hot water is one of the most dangerous of these accidents. The following chart shows just how dangerous hot water can be.

Temperature of Water	Time to Cause a Bad Burn
150°F (66°C)	2 seconds
140°F (60°C)	6 seconds
125°F (52°C)	2 minutes
120°F (49°C)	10 minutes

Small children can get to sinks or bathtubs quickly. They can get badly burned before they can get out of the water. Infants are unable to move away from hot water if it is accidentally left on too hot or if the cold water is unintentionally turned off. Here are some tips to keep in mind:

- When using tap water, always turn on the cold water first, then add hot. When finished, turn the hot water off first.
- Do not use hot steam vaporizers. They can cause steam burns. Use a cool mist vaporizer.
- Never leave a child alone in the bathroom for any reason. They are at risk for getting burned by hot water or drowning.

If your hot water heater is set at 150°F (66°C) and your child comes in contact with the hot water for just 2 seconds, your child will get burned badly enough to need medical treatment.

Here are some common questions and answers about hot water heater settings.

1. Q: If I turn the hot water heater setting down, won't I have trouble getting the dishes in the dishwasher and the clothes in the washing machine clean? A: No. The major soap manufacturers design their soap to work best in water between 120°F and 125°F (49°C to 52°C).
 2. Q: Will my baby get more colds if the hot water isn't hot enough? A: No. Hot water has nothing to do with getting colds.
 3. Q: Will we run out of hot water any sooner if we turn the temperature down? A: Yes, you will. But this may be a small price to pay to protect your child.
 4. Q: Will I save any money on utility bills by turning down the temperature setting? A: Yes. On the average, for every 10°F (6°C) that you turn the temperature down, you will save 4% on the water-heating portion of your utility bill.
 5. Q: I don't know where the thermostat of my hot water heater is, and I don't know how to tell at what temperature it is set. How can I tell? A: First measure the hot water temperature. The best way to do this is to measure it in the morning, before anyone in your home has used any hot water. Turn on the hot water at the kitchen sink and let it run for 2 minutes. Then, using either an outdoor thermometer or a candy thermometer, hold the thermometer in the stream of the water until the reading stops going up. If your water-heater setting is at a safe level (between 120°F and 125°F, or 49°C to 52°C), you don't have to do anything. There is no advantage to setting the thermostat below 120°F (49°C). If your hot water setting is too high, here are some tips on how to find the thermostat and turn it down.
- Gas hot water heaters usually have a thermostat outside the tank at the bottom. Electric water heaters usually have either two panels screwed to the top and bottom of the tank or one panel along the side of the tank. Thermostats are located under these panels.
 - The thermostat should be set on the "low" setting or within the "energy efficient range." If the temperature at the kitchen sink is too hot at this setting, adjust the thermostat to a lower setting. After changing the thermostat setting, you can test the hot water temperature again about 24 hours later. If you test it in less than 24 hours, you may not get an accurate reading. Continue to test the water temperature and adjust the thermostat setting until the water is no hotter than 125°F (52°C). If you get it below 120°F (49°C), then turn it back up a small amount.

Please, take some time to think about the risk to your child from hot water in your home. Think about whether the convenience of having lots of very hot water is really worth the added risk that you might be taking with your child's health. Your child is at less risk for hot water burns by age 4.

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Single Parenting

A single parent is a parent who raises a child without another parent in the same household. Single parenthood may be a result of loss, such as divorce or the death of a spouse, or by choice, such as adoption or artificial insemination.

Being a single parent is not easy. The following suggestions may help your family:

1. **Find stable places for child care and home.** Check out child care options carefully before you choose one. Try to avoid changing caregivers and making too many other major changes too close together.
2. **Create a daily routine and try to stick to it 7 days a week.** It helps to wake up and go to bed at about the same time every day and to eat meals together on a regular schedule. It also helps to pick your child up from child care at an expected time.
3. **Plan regular visits with the other parent if possible.** Staying in contact with the other parent, both by phone and by visiting in person, is usually in your child's best interest. Your child will do better if he knows that both parents love him.
4. **Discipline consistently.** Set limits for acceptable and unacceptable behavior. Notice good behavior and praise your child. Use methods such as time outs or job grounding when children misbehave. Do not bribe your child or try to buy the child's affection.
5. **Don't put your child in the middle.** If you are raising your child in 2 different homes, don't ask your child to carry messages between parents. Don't ask the child to give you information about the other parent, or to choose sides in adult battles.
6. **Answer questions about the other parent briefly.** Answer only the questions that are asked. If you have negative feelings about the other parent, talk them over with another adult, not your child.
7. **Spend time with your child each day.** Try to spend some quality time with each child daily. Spending hours with your children watching TV is not quality time. Take the time to sit down with each of them and talk about the day or their problems. This can be calming and reassuring for both parent and child.
8. **Make and keep family traditions.**
9. **Set up a good support system.** This is important for both the parent and child. It may include extended family, a consistent play group, neighbors, friends, or parenting groups. Organizations such as Big Brothers or Big Sisters can help provide another adult in your child's life. Raising children is difficult, and you need a good backup when you are frustrated or exhausted.
10. **Volunteer to participate in activities at your child's school.** This helps you to meet other parents and have something to talk about with your child. Also talk with your child's teachers or school counselors about your situation. They can help watch for problems and support your child.
11. **Develop a social life separate from your child.** This could include an exercise group, book club, or church group. These are also good sources for support.
12. **Consider your situation when dating.** Dating can present different challenges, depending on the age of your child. At first, it may be easier on your child for you to meet your date away from home. Young children tend to attach easily to adults who spend time with them. Older children can feel jealous or threatened by someone with whom they must share their parent's time and space.
13. **Seek professional help if serious problems develop.** Feelings of grief or loss are common after divorce or death of one parent. Individual or family counseling can provide support for both the children and adults.
14. **Explain your money problems.** If the status of the family changes from a two-parent home to a single-parent home, finances are often affected. You may have to explain to your children that buying "extras" and some activities have to be limited. However, treat your child like a child. Your child should not be concerned with adult problems. Your child is not your best support for personal problems. It might be a good idea to talk to a financial planner or accountant for help.

Where can I get help?

Organizations and books are good resources.

Organizations

Parents Without Partners International, Inc.

1650 South Dixie Hwy., Suite 510
Boca Raton, FL 33432 (561) 391-8833

SingleMOTHER P.O. Box 68 Midland, NC 28107 <http://www.singlemothers.org> (704) 888-5437

Single and Custodial Father's Network, Inc. <http://scfn.org>

Books

In Praise of Single Parents: Mothers and Fathers Embracing the Challenge; by Shoshana Alexander; Houghton Mifflin, 1994

Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced, or Remarried; by Isolina Ricci; Simon and Schuster, 1997

The Single Parent Family: Living Happily in a Changing World; by Marge Kennedy and Janet Spencer King; Crown Publishers, 1994

Single Parents by Choice: A Growing Trend in Family Life; by Naomi Miller, Insight Books, 1992

The Ultimate Survival Guide for the Single Father (e-book); by Thomas Herner; Harbinger Press, 2002

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Smoke, Heat, and Carbon Monoxide Detectors

The leading cause of deaths and injuries to children at home is accidents. Fires are one of the most dangerous of such accidents. Most fatal home fires occur at night, while people sleep. If you are asleep or become disoriented from toxic gases produced by a fire, you may not even realize that there is a fire. A smoke or heat detector can sound an alarm and alert you to the danger in time to escape.

Carbon monoxide is a colorless, odorless gas that is made by many household appliances (furnaces, dryers, ranges, ovens, and heaters). Usually, carbon monoxide and other gases are vented to the outside. But, if something goes wrong and carbon monoxide leaks into your home, it could be deadly. The alarm of a carbon monoxide detector will go off in time to get out before a normal adult starts feeling sick.

The following are some common questions and answers about smoke, heat, and carbon monoxide detectors.

1. **Q. What are the types of alarms or detectors?** A: There are 3 types of detectors:
 1. Heat detectors, which sound an alarm to warn of an abnormally high temperature near the detector.
 2. Smoke detectors, which sound an alarm at the first trace of smoke.
 3. Carbon monoxide detectors, which sound an alarm if the carbon monoxide level in the home is too high.
2. **Q: What is the power source for these detectors?** A: Some detectors operate on batteries. Others are either plugged into a wall outlet or wired directly into the house.
3. **Q: What are the pros and cons of the battery powered alarms?** A: An advantage of battery alarms is that they are not affected by a fire that cuts off the electricity to the house. Also, they can be put anywhere, even where there are no electrical outlets or wires. The disadvantages are that the batteries need to be changed about once a year and the beep signaling a low battery can be annoying.
4. **Q: What is the best type of battery to use?** A: Lithium batteries can last up to 5 or 6 years, reducing the chance that the detector will have a dead battery when you need it most. However, lithium batteries are a lot more expensive.
5. **Q: What are the pros and cons of the detectors powered by household current?** A: You do not have to change batteries and there is no annoying beep when the battery is low. However, fires that affect the household current will make the alarm not work. Also, detectors must be placed where wiring or outlets are available.
6. **Q: Do I have to do anything to maintain my detectors?** A: Yes. You should test them once a month by holding a candle 6 inches away and blowing smoke toward the detector. The alarm should sound in 20 seconds. Some alarms have test buttons, but to be sure the detector works, you must use the smoke-testing method. To test your carbon monoxide detector, just use the test button. For all types of detectors, replace batteries at least once a year and when they are low. Use the correct kind of battery. You must clean the unit at least once a year by vacuuming the detector. Never paint the detector.
7. **Q: With so many brands of detectors on the market, how do I choose one?** A: Be sure to buy a detector that has the label of a testing laboratory, for example, Underwriter's Laboratory (UL). Follow the installation and maintenance recommendations of the manufacturer. Buy the type that best suits your household needs and budget.
8. **Q: How many smoke, heat, or carbon monoxide detectors should I buy for my house?** A: Install a smoke or heat detector outside each bedroom area and one on each floor of the house. For extra protection, you can also put them in bedrooms, the dining room, furnace room, utility room, attic, garage, and hallways. Carbon monoxide detectors should be just outside of or in each bedroom.
9. **Q: Where should the detectors be placed?** A: All types of detectors should be mounted on the ceiling. Smoke rises so to detect the first traces of smoke a detector could also be mounted high on a wall (4 to 12 inches from the ceiling).
10. **Q: How much will it cost to install smoke, heat, or carbon monoxide detectors?** A: You can buy detectors for about \$7 to \$60 each. Packaged fire detection systems may cost \$300 and up.

The extra time provided by a detector alarm may allow your family to escape unharmed from a fire or carbon monoxide poisoning. The extra time and money spent on buying, installing, and maintaining your detectors could save your lives.

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Normal Development: 12 Months Old

Here's what you might see your baby doing between 12 months and 15 months old.

Daily Activities

- Usually follows a definite daily pattern.
- Opens cabinets, pulls tablecloths.
- Usually examines an object before putting into mouth.
- Likes to feed self.

Language Development

- Expresses complete thought with single syllable ("da" means "I want that").
- Shows definite understanding of a few simple words.
- Utters a few words ("mama", "dada", "ball", "dog").
- Loves rhythms and rhymes.

Emotional and Behavioral Development

- Shows more negativism (may resist naps, refuse certain foods, throw occasional tantrums).
- Continues to prefer people to toys.
- Has developed a deep attachment to a few familiar people.
- Loves to make parents laugh.
- Shows somewhat less stranger anxiety.
- May give up something on request.

Motor Skills

- Usually walks with assistance; may walk without assistance.
- Crawls rapidly.
- Stands alone.
- Seats self on floor.

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend.

If you have any concerns related to your child's own pattern of development, check with your health care provider.

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Car Safety Seats for Infants and Children

The #1 killer andcrippler of children in the United States is motor vehicle crashes. More than 600 children under the age of 5 years are killed each year, and about 270,000 are injured. Proper use of car safety seats can reduce traffic fatalities by at least 80%. All 50 states have passed laws that require children to ride in approved child passenger safety seats.

A parent cannot protect a child by holding him or her tightly. In a 30-mile-per-hour crash, the child will either be crushed between the parent's body and the dashboard or ripped from the parent's arms and possibly thrown from the car. Car safety seats also help to control a child's misbehavior, prevent motion sickness, and reduce the number of accidents caused by a child distracting the driver.

What are the types of car safety seats?

Before you buy a car safety seat, look at several different models. Make sure that the car seat will fit in your car and that your seat belts will work with the seat. There are several types of car safety seats:

- **Infant-only seats:** These are rear-facing only seats. They can be used from birth until a child weighs approximately 20 pounds (depending on the model). They are small and portable. Some of these seats come with a detachable base. You attach the base to the seat of the car. This allows you to easily snap the car seat in and out of the car without reinstalling the car seat each time. If the base does not attach tightly to your car, it is better to attach the seat each time and not use the base.
- **Convertible safety seats:** These seats can be used in both rear- and forward-facing positions. The seat needs to stay in the rear-facing position until your child is over 1 year old and has reached the highest weight allowed for the rear-facing position (usually about 30 pounds, but may be more or less depending on the car seat). They can then be used in the forward-facing position until the child has reached 40 pounds.
- **Combination seats:** These seats are forward-facing seats that can be used after your child has reached 20 pounds and is at least 1 year old. Your child must wear the 5-point harness until he or she has reached 40 pounds. When you child is over 40 pounds, you can use this seat as a booster seat by correctly positioning the car's lap/shoulder belt across your child. It can be used as a booster seat until your child is about 80 pounds (depending on the model).
- **Booster seats:** These are forward-facing seats that lift the child higher so your car's lap/shoulder belt will fit correctly over the child. A booster seat is for children over 40 pounds. It should be used until the child is 56 inches tall, a height usually reached between 9 and 12 years of age.
- **Travel vests:** Travel vests are used if you only have lap belts in your car. They vary in weight ranges depending on the model, but are typically used for children at least 2 years old and up to 100 pounds. The lap belt fits through a backrest or loops and the shoulder straps come over your child and buckle.
- **Built-in seats (integrated seats):** Some cars and vans come with built-in child safety seats. These may be used by children who are over 1 year of age and weigh at least 20 pounds. Weight and height requirements vary depending on the car manufacturer. Check with the maker of the car to find out the specific height and weight requirements.

What is LATCH?

Starting in 2002, most new vehicles and car safety seats will have a new system called LATCH (Lower Anchors and Tethers for Children). This system may be an easier way to attach safety seats. It allows you to attach the car seat without using a seat belt. However, you will need to continue attaching the car safety seat with a seat belt unless you have both a new car seat and a new car with the LATCH system.

What are tethers?

Tether straps are found on most new forward-facing car seats. A tether strap hooks the top of a car safety seat to a permanent anchor in the car to provide extra protection. Tethers reduce the amount of forward movement of the car seat in a crash. Check your car to see if it has an anchor. Cars made since September 2000 are required to have tether anchors. Cars made since 1989 can be retro-fitted with tether straps. Most anchors are on the rear window ledge, back of the seat, floor, or ceiling of the car. There are tether kits available for older car seats. Check with your car seat and car manufacturer.

Where should the car seat be placed?

Whenever possible and at any age, put the safety seat in the back seat of the car, which is much safer than the front seat.

Air bags are standard equipment in most new cars. They have saved many lives. However, they are very hazardous to infants in **REAR**-facing child safety seats and have caused death from brain injury. If your car has air bags, take the following precautions:

- Infants riding in **REAR**-facing child safety seats should **NEVER** be placed in the front seat of a car or truck with a passenger-side air bag. They must be in the car's rear seat or not ride in that vehicle.
- Children in **FORWARD**-facing child safety seats should also ride in a car's rear seat until 12 years of age.
- If the vehicle does not have a rear seat, children riding in the front seat should be positioned as far back as possible from the air bag. Move the seat all the way back so that the child is as far as possible from the dashboard. Some cars come with air bag ON/OFF switches. Turn the air bag off only if your car has no back seat.

When can my child use a regular seat belt?

Keep your child in a booster seat as long as possible. Your child could be ready for a regular seat belt anywhere between 9 and 12 years old depending on height and weight. Your child should be about 4' 9" tall and at least 60 to 80 pounds to properly fit an adult seat belt. When your child is ready for a regular seat belt, use a lap belt low across the thighs. If your child is using a shoulder belt, it should cross your child's chest, not the neck or throat. Never put the shoulder belt under both arms or behind the back.

What are the safety standards?

Since January 1981, all manufacturers of child safety seats have been required to meet stringent federal government safety standards, including crash-testing. The American Academy of Pediatrics (AAP) publishes a list of infant/child safety seats that have met the Federal Motor Vehicle Standards. The list is updated yearly. To get this list, write to the AAP or visit their Web site:

American Academy of Pediatrics (AAP) Division of Public Education PO Box 927 Elk Grove Village, Illinois 60007
<http://www.aap.org/family/carseatguide.htm>

Each state has its own seat belt laws and safety standards. Although all states require that children are buckled in, not all states require that children travel in the safest way possible. Using a car safety seat correctly is very important. Follow the safety seat instructions and make sure you are keeping your child as safe as possible.

Tips for Using a Car Seat Properly

If used consistently and properly, your child's car seat can be a lifesaver. Your attitude toward safety belts and car seats is especially important. If you treat buckling up as a necessary, automatic routine, your child will follow your lead and also accept car seats and seat belts. To keep your child safe and happy, follow these guidelines:

- Always use the safety seat. Use the safety seat on the first ride home from the hospital, and continue using it for every ride.
- Everyone buckles up. Allow NO exceptions for older kids and adults. If adults ride unprotected, the child quickly decides that safety is just kid stuff.
- Give frequent praise for appropriate behavior in the car.
- Remember that a bored child can become disruptive. Keep a supply of favorite soft toys on hand. Use food as a last resort, because they contribute to the unhealthy habit of snacking and overeating.
- NEVER let a fussy child out of the car seat or safety belt while the car is in motion. If your child needs a break, STOP the car. Responding to complaints by allowing your child to ride unprotected is a disastrous decision that will make it harder to keep him or her in the seat on the next ride.
- Parents should never take off their seat belt to reach into the back seat to attend to a child while the car is in motion. Too many parents have been seriously injured when their car was struck during those few seconds.
- Some infants begin crying at 4 or 5 months (possibly from separation anxiety) when placed in their rear-facing car seats. Try distracting them with music and toys. Also give them practice time in the car seat at home. Use it for pleasant activities such as playing and eating.
- If a child tries to get out of the seat, stop the car and firmly but calmly explain that you won't start the car until he or she is again buckled in the car seat.
- Booster seats must be used with a lap/shoulder belt.
- When your child travels in another person's car (such as a baby sitter's or grandparent's car), insist that the driver also use the safety seat.
- For long-distance trips, plan for frequent stops and try to stop before your child becomes restless. Cuddle a young child. Let an older child snack and run around for 10 to 15 minutes.

(Originally adapted from the American Academy of Pediatrics with permission)

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