

New Parent Resource Guide



This toolkit includes:

- Links to online health information you can trust
- A guide for checking if your child has a fever
- Hints for making vaccines more comfortable
- Tips for getting your baby to sleep
- Suggestions for free or low-cost activities in your neighbourhood

Patient Education

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Congratulations on being a parent!

You may notice that people who have children of their own will give you a lot of advice and ideas about how to take care of your new baby. You might even find that people who aren't parents themselves have opinions about parenting, too.

Many people will have great ideas, but it is up to you to decide what works for you and your family. Online information can be very helpful, but it can't replace seeing your health practitioner(s). It's important to keep in mind that Dr. Google isn't a licensed health care practitioner when seeking advice online.

While the resources outlined here are a great start, please remember that your health care team is available and committed to providing baby and family-centered care!

***Is this normal?* Online guides for everyday parenting questions**

AboutKidsHealth, from SickKids (Hospital for Sick Children)
Website: www.aboutkidshealth.ca

Why do we like it?

- Easy to read and has pictures
- Information in different languages
- **Glossary** of health issues from A to Z
- Information about development and nutrition
- Teaches you about how the body works
- Feature articles

Caring for Kids, from the Canadian Paediatric Society

Website: www.caringforkids.cps.ca

Why do we like it?

- Similar information as [AboutKidsHealth](#)
- More information on immunization, keeping kids safe, managing behaviours, and parenting

Rourke Baby Record

Website: www.rourkebabyrecord.ca

Why do we like it?

- We use the Rourke baby record at each Well Baby Visit to make sure everything is on track. Often, a nurse on the team uses the Rourke record to gather information from you
- Exploring this website helps keep you informed
- The website lets you browse “By Topic” or “By Age” of your child

Do you want to keep track of your child’s growth, too?

This app is a way to keep your own record of how your child is progressing:

<http://bit.ly/babygrowthchart>

Healthy Children

Website: www.healthychildren.org

Why do we like it?

- Official website of the American Academy of Pediatrics
- **Parent-friendly** and to the point

Toronto Public Health

Website: www.toronto.ca/health/parenting/index.htm

Phone number: 416 338 7600

Why do we like it?

- Information in different languages
- Helpful information about breastfeeding, child development and immunization
- Information on **free parenting programs**
- Information for dads, too

Help with breastfeeding

International Breastfeeding Centre

Website: <http://ibconline.ca>

Why do we like it?

- Videos
- Handouts in different languages

La Leche League

Website: <http://www.lllc.ca>

Why do we like it?

- Handouts
- Connections to local lactation consultants

Motherisk

Website: www.motherisk.org

Phone number: 1 877 439 2744

Why do we like it?

- This resource can help you make sure any medicines you are taking are safe for your child
- We recommend phoning Motherisk and talking to one of their nurses. It's easier than searching the website!



Note: All these websites above have information on breastfeeding.

LactMed (Drugs and Lactation Database)

Website: <http://bit.ly/2BGicas>

Why do we like it?

- This site provides available evidence about the safety of using medications while breastfeeding

Losing sleep



First look at our favourite websites on pages 2 to 4, including AboutKidsHealth.

Dr. Harvey Karp's Happiest Baby on the Block

Website: www.happiestbaby.com

Watch this clip about helping calm your crying baby:

<http://bit.ly/drkarpvideo>

Dr. Karp's book and DVD are also available at your local Toronto Public Library

The 90-Minute Baby Sleep Program: Follow Your Child's Natural Sleep Rhythms for Better Nights and Naps

WeeBeeDreaming Blog

Website: <http://www.weebedreaming.com/my-blog>

Why do we like it?

- lots of great suggestions for how to approach your baby's sleep!
- this resource has been recommended by experts who provide sleep consulting

Fussing about food

Moms and dads often have questions about what and how much their child should be eating.

Best Start

Website: <http://bit.ly/2p0HSfe>

Why do we like it?

- “Feeding Your Baby: From six months to 1 year” is a helpful guide when you start to feed your child more than milk

Here’s a link to this resource: <http://bit.ly/1Hs0Ope>

Toronto Public Health

Website: www.toronto.ca/health/parenting/index.htm

Why do we like it?

- Recipes
- Shopping tips, especially if you’re on a tight budget

Getting out

Ontario Early Years Centres

Website: <http://bit.ly/2z6hEYA>

Why do we like it?

- The website is not our favourite, but we love Early Years Centres
- Free or low-cost programs for you and your child

Your neighbourhood's community centre, YMCA and public library branch

- Find fun programs like parent and child yoga, parent and tot swimming, story or song time and more
- Free or low-cost programs for you and your child

Mom's moods and feelings

BestStart

Website: <http://bit.ly/beststartmom>

YouTube video: <http://bit.ly/2BRgGVI>

Why do we like it?

- Has information on the feelings that many moms have around the time baby arrives
- Reminds us that feeling blue is very common, but it is important to make sure you're getting better and have the help you need
- Available in different languages

What about dads?

24-hour Cribside Assistance

Website: www.newdadmanual.ca

Why do we like it?

- It's easy for dad to get left at the sidelines during Well Baby Visits
- **Many helpful tips to help keep dad involved**

Immunizations



Please see AboutKidsHealth, Caring for Kids, and Toronto Public Health for reviews of immunizations.

Canadian Coalition for Immunization Awareness and Promotion
Website: <http://bit.ly/ImmunizePDF>

Why do we like it?

- Looks at the most common myths about vaccinations

CANImmunize

Here is a phone app for tracking immunizations:

<http://bit.ly/CANImmunize>

Borrowed resources you might like

The following pages include resources reprinted with permission.

[Reducing the pain of childhood vaccination](#)

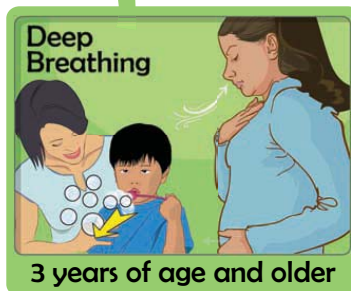
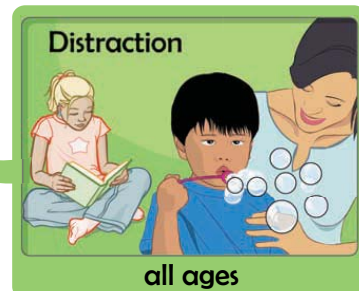
[Fevers, when they happen](#)

A Guide for Parents, Caregivers and Children on How to Reduce Vaccine Injection Pain in Children



- Read this information sheet to learn about ways to reduce pain and distress in children during vaccine injections.
- Discuss and plan with your child (when appropriate) and health care provider what you will do to reduce pain and distress in your child.

During the Procedure
Combine strategies to improve pain relief



After the Procedure

1. Ask your child (or judge yourself) how much pain or hurt he/she had.
2. How satisfied are you and your child with the pain strategies used?
3. Review with your health care provider.
4. Plan for the next vaccination.

Add to your vaccine diary:

- What you did for pain
- How much pain your child had
- Your satisfaction
- Notes for next time

see over

Appendix 1 (as supplied by authors)

A Guide for Parents, Caregivers and Children on How to Reduce Vaccine Injection Pain in Children

Preparation

Read this information sheet to learn about how to reduce pain and distress in your child during vaccine injections. Use the information to plan for your child's vaccine injections. Discuss the information with your health care provider and child (when appropriate).



During the Procedure

Prepare Your Child Ahead of Time

- Tell your child what they need to know and answer their questions:
 - What will happen?
 - You will get a medicine called a vaccine in the arm with a needle.
 - Why is the vaccine being given?
 - To keep you healthy.
 - How will it feel?
 - There may be a pinch and some pushing or pressure that will last a few seconds.
 - How can we minimize any potential discomfort?
 - Some children think it is uncomfortable and some think it is OK. We don't know how it will feel for you. We are going to do different things so that it is not uncomfortable for you. (Then discuss what you will do.) You can help by (suggest strategies such as playing with a favourite toy).
- In general, tell young children (under 4 years old) just before the procedure and older children at least 1 day before – it helps them to plan how they will cope.
- Involve and listen to your child – they often have helpful suggestions for how to manage their pain (for example, let them choose a toy to bring).

Stay Calm

- Your actions and words can influence your child's reaction. Infants and children often look to their parents to understand how to act and feel. If you are calm, and use your normal voice, your child will feel that everything is OK.
- Avoid the following words and phrases because they increase distress and focus attention on the procedure:
 - **High anxiety words:** "hurt", "pain" or "shot"
 - **Reassuring words:** "It'll be over soon" or "you'll be OK"
 - **Apologizing words:** "I'm sorry you have to go through this" or "I know it hurts"

Upright Position and Holding

- You should not lay your baby, child or teen down.
- Have your child sit up-right. Infants and young children should be held (for example, bear hug, on your lap). Hugging feels comfortable and helps children to stay still. Children can lie down after the injection.
- Sit on a chair or stand against the examination table to minimize the risk for accidental falls. Keep limbs exposed. Secure your child if necessary but do not use undue force – this increases child distress.



Rub Skin Near Injection Site

- In children aged 4 years and older, offer to rub/stroke their arm near the injection site before and during vaccine injections.

After the Procedure

Ask your child (or judge yourself) how much pain or hurt he/she had. Discuss this with your health care provider and make a plan for how you will manage pain the next time your child has vaccine injections.

Distraction

- Distraction involves taking your child's attention away from the procedure. It is effective for children of all ages.
- Distraction can be provided by either the parent, health care provider, or by the child (if the child is old enough).
 1. Choose something that will work for the age of your child:
 - Babies:** toys, bubbles, singing, directing the baby's attention to something in the room.
 - Toddlers:** toys, bubbles, pop-up books, songs, party blowers, singing, directing the child's attention to something in the room.
 - School-aged children:** toys, stories, videos, books, joking, music, counting, talk about something else (favourite movie, etc.)
 - Teens:** games, videos, books, joking, music (iPods, MP3 players), talk about something else (favourite video game, etc.)
 2. Stay focused on your child and interact with your child.
 3. Help your child pay attention to the distraction being used.
 4. Try different distractions if needed.
 5. Maintain a positive attitude. Praise your child for engaging in distraction behaviours.

Deep Breathing

- Prompt your child 3 years or older to take slow deep breaths. Deep breaths can be made easier by using bubbles or pinwheels, which also act as distractions.

Breastfeeding OR Sweetening Agent

- Start breastfeeding your baby a few minutes before the vaccine injection and continue to breastfeed during, and for a few minutes after, the injection.
- Alternatively, feed your baby sugar water right before the vaccine injection.
- Sugar water is made by mixing 1 packet of sugar with 2 teaspoons of water. Feed some to the baby with a syringe or pacifier 1-2 minutes before the needle.
- Sugar water should only be used for the management of painful procedures, not for general comfort or as food.

Sugar + Water



Medicine: Topical Anaesthetics

- These are pain-relievers that are applied on the skin where the vaccine is being injected. They are effective and safe for all ages.
- Available for purchase without a prescription in a pharmacy.
- Must be applied ahead of time (up to 1 hour): at home or upon arrival to the appointment. Check the product instructions.
- Be sure to apply to the correct location: either upper arm (over 12 months) or upper outer thigh (under 12 months).
- Two doses may be needed (one for each arm or leg) if 2 or more injections are being given.
- Can cause temporary changes in skin colour (redness or whitening). If there is a rash, it could be an allergic reaction – check with your health care provider.

Combine strategies described above to improve pain relief.

In collaboration with www.aboutkidshealth.ca

Fever in Infants and Children

2011 rev.

What is a normal temperature?

A normal temperature is about 37°C (98°F) when taken orally (by mouth). Temperatures taken rectally (by rectum) usually run 0.5°C higher than those taken orally. So a normal temperature is about 37.5°C (99.5°F) when taken rectally. But temperatures may vary during the day, even in healthy children.

Many doctors define a fever as an oral temperature above 37.5°C (99.5°F) or a rectal temperature above 38.0°C (100.4°F) or an axillary (under the arm) temperature above 37.2°C (99°F) (ear temperatures are not accurate in children under 6 months of age and are often not recommended in children less than 1 to 2 years of age).

What's the best way to take my child's temperature?

You may think you can tell if your child has a fever by touching his or her forehead. It may alert you to a fever, but this isn't an accurate way to tell. Fever strips, which are placed on the child's forehead, are also not accurate.

The best ways to take your child's temperature are orally, rectally, by placing the bulb of the thermometer under the arm (axillary temperature) or using an ear thermometer. For children under 2, you can check by doing an axillary temperature and a rectal temperature if there is a fever, in order to get an accurate measurement.

Here are some tips on taking your child's temperature:

- Don't bundle your baby or child up too tightly before taking the temperature.
- Never leave your child alone while using the thermometer.
- Be sure you use the right thermometer. Rectal thermometers are thicker than oral thermometers (the bulb is fatter). Digital thermometers are usually used in the mouth or under the arm.
- If you're taking your child's temperature orally, place the bulb of the thermometer under the tongue, towards the back of the mouth, and leave it there for two minutes. Don't let your child bite on the thermometer or talk. The child must be old enough to cooperate and often this method is used in children over 4 to 5 years of age. Digital

thermometers may beep when they are ready to be read. Wait 30 minutes before taking the temperature of a child who has consumed a hot or cold food or drink.

- If you're taking your child's temperature rectally, place him or her belly-down across your lap. Coat the tip of the thermometer with petroleum jelly (Vaseline) and insert it half an inch into the rectum. Stop if you feel any resistance. Hold the thermometer still for two minutes. Never let go of the thermometer. This method often works best with infants. Some doctors prefer the axillary method for safety reasons.
- Axillary temperatures are not always accurate but this is a safe way to take the temperature of toddlers and children under 4 years of age. Place the bulb of a glass thermometer in the child's armpit and hold the arm against the child's body so that the bulb is covered. Keep the bulb in place for at least 3 minutes.
- Ear temperatures - uses a special thermometer that quickly takes the temperature from the eardrum (tympanic membrane). These are not accurate in infants and the machines can be expensive.



- After you're done using the thermometer, clean it with rubbing alcohol or wash it in cool, soapy water or according to the manufacturer's directions.

When should I try to lower my child's fever?

In older children, fevers are more frightening than they are harmful. They're usually just a sign that the body is fighting an infection. The main reason to treat your child is to make him or her feel better. When your child is achy and fussy, you may want to give him or her some medicine to bring down the fever.

Fevers often run from 38° to 40°C and are usually a result of viral illnesses lasting just a couple of days.

If your child is between 3 months of age and 4 years of age and has a low-grade fever (up to 37.8°C [100.2°F]), you may want to avoid giving him or her medicine. If your child is achy and fussy, and his or her temperature is above 37.8°C (100.2°F), you may want to give him or her some medicine.

If your baby is younger than 3 months of age and has a rectal temperature of 100.4°F (38°C) or higher, call the doctor or go to the emergency room right away. A fever can be a sign of a serious infection in young babies.

What kind of medicine should I give my child and how much medicine is needed to lower a fever?

Acetaminophen (Tylenol, Tempra, Panadol) and Ibuprofen (Advil and Motrin) are medicines that relieve pain and lower fever. In smaller children, (less than 6 months old) ibuprofen may have more side effects.

How much medicine children need depends on their weight and age. When the age and weight categories in the chart don't match, use the weight of your child as the main guide in figuring out how much acetaminophen or ibuprofen to give.

These doses may be a little higher than what is on the medicine package. If you have any questions about the right dose, ask your family doctor. Usually acetaminophen (Tylenol) is recommended using a chart for dosing (**Figure 1**).

Tips on giving medicine

- Don't give more than five doses in one day.
- Don't give a baby younger than four months old any medicine unless your family doctor tells you to.
- Read labels carefully. Make sure you are giving your child the right amount of medicine. Acetaminophen comes in different forms: drops, liquid elixir, chewable tablets, and caplets. Each form is a different strength.
- Don't replace the drops with elixir because the drops are stronger.

- Fill the dropper to the line when using drops.
- For liquid elixir medicines, use a special liquid measuring device to make sure you give the right dose. An ordinary teaspoon may not hold the right amount of medicine. Get one at your drug store or ask your pharmacist.

Why not use aspirin to lower my child's fever?

In rare cases, Aspirin can cause Reye's syndrome in children who have the flu or the chickenpox. Reye's syndrome is a serious illness that can lead to death. Because it may be hard to tell if your child has one of these infections, it's best not to use aspirin unless your family doctor says it's okay. Acetaminophen and ibuprofen are safer choices to use in children with a fever. Doctors recommend that parents should not give aspirin to children younger than 18 years of age.

Are there other ways to help my child feel better?

Yes. Here are a few:

- Give your child plenty to drink to prevent dehydration (not enough fluid in the body) and help the body cool itself. Water, clear soups, popsicles, and flavoured gelatin are good choices. If your child isn't getting enough fluids, don't force him or her to eat if he or she doesn't feel like it.
- Keep your child quiet. Moving around can raise the temperature even more.
- Keep the room temperature at about 21°C (70°F) to 23°C (74°F).
- Dress your child in light cotton pyjamas so that body heat can escape.
- Don't over bundle your child. Overdressing can trap body heat and cause your child's temperature to rise.

Figure 1. Dosing Chart

Age	Weight	Acetaminophen dose (every 4 hours)
0 to 3 months	Less than 13 pounds	Ask your family doctor
4 to 7 months	13 to 17 pounds	80 mg
8 to 18 months	18 to 23 pounds	120 mg
1.5 to 3 years	24 to 32 pounds	160 mg
4 to 5 years	33 to 45 pounds	240 mg
6 to 7 years	46 to 61 pounds	320 mg
8 to 9 years	62 to 78 pounds	400 mg
10 to 11 years	79 to 98 pounds	480 mg
12 years or older	99 pounds or more	650 mg

There is no benefit of using both acetaminophen and ibuprofen or of alternating these drugs unless this is recommended by your doctor if either medication alone is not effective.

- If your child is chilled, put on an extra blanket but remove it when the chills stop.

Will a bath help lower my child's fever?

Used together, acetaminophen or ibuprofen and a lukewarm bath may help lower a fever. Give the medicine before the bath. If the bath is given alone, your child may start shivering as his or her body tries to raise its temperature again. This may make your child feel worse.

Your doctor may suggest giving your baby a sponge bath after giving acetaminophen if the fever reaches 39°C (103°F) or if your baby or child has ever had a seizure during a fever. In a few children, seizures can be caused by a fast rise in temperature.

Don't use alcohol for baths because it can be absorbed through the skin. Also, don't use cold water because it can cause shivering.

When should I call the doctor?

A saying doctors use is, "Don't treat the thermometer, treat the child". This means that your child's behaviour is more important than the number on the thermometer. You can follow the guidelines below to help decide when to call your doctor, but it's important to call your doctor whenever you feel that your child needs help or if you have any questions.

- **Under one month old.** Call your doctor right away if your baby's temperature goes over 38.0°C (100.4°F) orally or 38.5°C (101.3°F) rectally, even if he or she doesn't seem sick. Your doctor may want to see your baby and may want to put him or her in the hospital to find out what's causing the fever. Babies this young can get very sick, very quickly. Also call your doctor if your baby has any of the warning signs listed below, even if he or she isn't running a fever.
- **One to three months old.** Call your doctor if your baby has a temperature of 38.5°C (101.4°F) even if your baby doesn't seem sick, or a temperature of 38°C (100.4°F) that has lasted more than 24 hours. Also, call if your baby has any of the warning signs listed below.
- **Three months to two years old.** If your child has a fever of 38.6°C (101.4°F), watch how he or she acts. Call the doctor if the fever rises or lasts for more than three days, or if

your child has any of the warning signs listed below. If the temperature is 39°C (103°F), call your doctor even if your child seems to feel fine.

- **Over two years old.** If your child has a fever of 38.6°C (101.4°F), watch how he or she acts. Call the doctor if the fever rises or lasts more than three days, or if your child has any of the warning signs listed below.

Call your doctor if your child has any of these warning signs:

- Changes in behaviour
- Severe headache
- Constant vomiting or diarrhea
- Skin rashes
- Dry mouth
- Sore throat that doesn't improve
- Earache that doesn't improve or pulling at ears
- Stiff neck
- Fever persisting over several days
- Stomach pain
- High-pitched crying
- Swelling on the soft spot on the head
- Irritable
- Unresponsive or limp
- Not hungry
- Wheezing or problems breathing
- Pale
- Whimpering
- Seizures
- Sore or swollen joints

What about immunization?

Immunization is your best prevention. *H. Influenzae* vaccine has helped to lower serious bacterial infections in children. *Pneumococcal* vaccine is now also available for infants, which will help to lessen even more the risk of serious bacterial infections in young children.

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