

Family Education Package for Families with Newborn Babies

Episode 2: Is it my fault: my child gets sick? (Transcript)	
Host:	Babies have lower immunity than adults, so sometimes they will cough, sneeze, or even catch a fever. Many new parents will then blame themselves just like Betty.
Drama part 1	
Narration:	Betty is worried about her baby who is sleeping in the baby rocker.
Betty:	Baby, please don't scare mommy...
Brian:	Dear, what makes you so nervous?
Betty:	I took our baby to a doctor this morning and fed the baby with medicine, but baby's forehead is still burning hot.
Brian:	Let me take a look.
Narration:	Brian touches the baby's forehead and nape.
Brian:	Baby is still having a fever.
Betty:	Why the temperature has not been brought down?
Brian:	Was it because you left the window open last night, so baby caught a cold?
Expert advice	
Dr. Wong:	<p>In fact, almost all children get sick in the course of growing up. It is not necessarily resulted from a human error. Fever is a common illness among children. It represents that the body temperature is higher than usual and that the body immune system is defending against the bacteria. Sometimes babies may have a fever after vaccination. This means the body immune system is functioning normally. Fever can also be a symptom of other illnesses of course.</p> <p>If you suspect that your baby has got a fever, you'd better measure baby's body temperature and keep an eye on the situation and see if the fever persists, or if there are any other symptoms such as cough, running nose, diarrhea, poor appetite and bad temper. If any of these symptoms occur, take the baby to a doctor and find out the cause of the fever.</p> <p>Sometimes fever comes with spasm. If it really happens, parents should stay calm and take the baby to the nearest clinic or hospital immediately.</p> <p>To avoid hyperthermia, make sure that you have given the baby enough water. Cool baby's body with lukewarm water and feed the baby with proper dosage of anti-fever medicine.</p> <p>This is the best way to help your baby.</p>
Drama part 2	
Betty:	Why the temperature has not been brought down?
Brian:	My dear, baby just took the medicine. Let's observe the situation for a while. I know you are very worried, my dear. But I'm here, so you have nothing to be afraid of, don't you?

Expert advice

Dr. Wong: No one wants to see babies getting sick. The most important thing is that both parents should support each other, so that the baby can have the best care. New parents should not worry too much. Stay calm and relaxed. Whenever a problem arises, consult a pediatrician or healthcare worker.

Conclusion

Host: After listening to the doctor's explanation, you should know that when you take care of babies, you don't have to give yourself too much pressure. Seeking medical advice promptly is important, but parents supporting each other and working together to solve problems is the most effective way in taking care of babies.

***Taking care of children is hard,
Be positive and optimistic at heart.***