



Common
childhood
conditions

Choose Well? Your Services: Where to go when

Choosing well ensures you receive the best possible treatments, leaving emergency services to those who need them most.



**Grazed knee,
Sore throat,
Cough.**

Self-care

A lot of illnesses or symptoms can be treated in your home by using a well stocked medicine cabinet and by getting plenty of rest.

When and why?

Self-care is the best choice to treat very minor illnesses and injuries.



**Unwell?
Unsure?
Confused?
Need help?**

NHS Direct

NHS Direct offers confidential health advice and information by telephone and on the internet.
0845 4647* www.nhsdirect.nhs.uk

When and why?

Contact NHS Direct if you are ill and have any questions about health.
The service can also help you to find health services in your local area.

*Calls to NHS Direct cost a maximum of 5 pence per minute from a BT landline. Calls from mobiles and other networks may vary. Your service provider may charge a minimum cost per call. For patients' safety, calls to NHS Direct are recorded.



**Diarrhoea,
Runny nose,
Painful cough,
Headache.**

Pharmacist (Chemist)

Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses and the medicines you need to treat them. Most now have a quiet area away from other customers where you can speak to the pharmacist more privately.
NHS Direct: 0845 4647 www.nhs.uk/servicedirectories

When and why?

Visit your local pharmacy when you are suffering from a common health problem which does not require being seen by a nurse or doctor.



**Vomiting,
Ear pain,
Stomach ache,
Back ache.**

GP (Doctor)

GPs surgeries can be found locally across Yorkshire and the Humber. You can make an appointment with your practice for medical advice, examinations and prescriptions.
GPs also provide an out-of-hours service - just ring your normal GP's number.
NHS Direct: 0845 4647 www.nhs.uk/servicedirectories

When and why?

Make an appointment with your local GP when you have an illness or injury that will not go away.



**Cuts,
Strains,
Rashes,
Sprains.**

NHS Walk-in Services

Walk-in services treat minor illnesses and injuries that do not need a visit to A&E.
Sheffield's walk-in services are open from 8am - 10pm, 365 days a year. You do not need an appointment and will be seen by an experienced nurse or doctor.
For more information go to: www.sheffield.nhs.uk/walk-in

When and why?

Your local NHS walk-in services are:
Sheffield City GP Health Centre, Rockingham House, Broad Lane, Sheffield, S1 3PB
Sheffield Minor Injuries Unit, Royal Hallamshire Hospital (Adults only)



**Choking,
Chest pain,
Severe bleeding,
Blacking out.**

A&E or 999

Accident and Emergency departments provide immediate emergency care for people who show the symptoms of serious illness or are badly injured.
If you telephone 999 and tell the operator that there is a medical emergency, a response vehicle may be sent to your location.

When and why?

Emergency services are very busy. They should only be used in very serious or life-threatening situations.
In Sheffield there is an A&E for adults and a separate A&E for children.

What can I do if my child is in pain or has a high temperature?

You can give them paracetamol or ibuprofen

Paracetamol

Paracetamol can be used for pain relief and to help reduce temperatures.

Paracetamol comes in a variety of forms including liquid medicine and tablets. It is sold in many shops without a prescription as Calpol, Disprol, Medinol, Panadol, and other brand names. The sugar free versions are better for your child's teeth.

There are two strengths of liquid paracetamol available to buy without prescription; 120mg in 5mls for children 3 months to 6 years old and 250mg in 5mls for children over 6 years. You should always follow the instructions on the bottle.

Check that your child is not getting paracetamol in other medicines e.g. cold relief sachets

Ibuprofen

Sometimes called Nurofen, Brufen and Calprofen. Other brand names are also sold by many shops without a prescription.

Ibuprofen should not be given to children under 6 months of age unless prescribed by your doctor.

Please follow the instructions on the bottle.

If you have any questions regarding the use of paracetamol or ibuprofen, please ask a pharmacist (chemist), your GP or call NHS Direct on 0845 4647.

My child is not feeding or eating or drinking well

Babies

Worries about feeding new babies are common and usually easily dealt with. Many parents worry their baby is not feeding enough or gaining weight quickly enough.

Children

Almost all children go through phases of not eating well and refusing certain foods. Your Health Visitor can advise you on how to manage your child's behaviour.

If you have any concerns about feeding your child, your first point of contact is your Health Visitor. Your health visitor will be able to advise you directly or refer you on to other sources of support, such as Breastfeeding Peer supporters. You can contact your health visitor directly by phone, or attend your local baby clinic.

Some examples of support that your health visitor can provide include:

- * management of breastfeeding problems, for example, sore nipples and nipple pain, engorgement, blocked ducts, mastitis (breast pain) and thrush
- * positioning and attachment for breastfeeding
- * night time feeding
- * feeding on demand
- * advice on your baby's weight gain
- * advice on formula feeding
- * advice on dealing with reflux (sick after feeding)
- * judging when your child is ready for weaning (starting solid foods)
- * how to handle behaviour, for example refusing to eat vegetables

My child has a high temperature

It is very common for children to get a high temperature (fever). It is often a sign of infection. A child with a high temperature may feel and look very unwell. They may feel hot and sweaty and look shivery and flushed.

What can I do if my child has a high temperature?

- * Give them plenty to drink
- * Do not over or under dress your child
- * Give paracetamol (if over 3 months of age) OR ibuprofen (if over 6 months of age). Follow the dosing instructions given with the medicine.
- * Check on your child during the night
- * Look for a rash that does not fade when a glass is pressed onto it
- * Look for signs of dehydration such as fewer wet nappies, drinking more, dry lips, more sleepy than normal or dark areas under their eyes.

When should I take my child to see a doctor?

- * If you think your child may be dehydrated
- * If paracetamol or ibuprofen fails to bring their temperature down
- * If they are vomiting as well as having a high temperature
- * If they complain of a stiff neck
- * If your child is less than 1 year old
- * If you notice any new lumps or swellings
- * If they are much paler than normal or their skin or lips look a “funny colour”
- * If their cry is different – more high pitched than normal, weak cry or moaning
- * If your baby is not feeding as well as normal
- * If they are not responding to you like normal – not smiling, not talking or babbling or are floppy or agitated.
- * If they are no better after 5 days

When should I take my child to A&E?

- * If they are very sleepy and difficult to wake up
- * If they have breathing difficulties
- * If they have a fit
- * If they get a rash that doesn't disappear when a glass is pressed on it
- * If they seem to be getting worse very quickly
- * If you have recently been abroad to a country that has malaria (e.g. Africa or Asia)
- * If the soft spot on the top of your baby's head is bulging out

Can my child go to school/nursery?

Your child should not go to school or nursery until their temperature has come down and they are feeling better.

My child has a rash

Children commonly get rashes and most are not serious. They usually settle without any treatment after a few days. They are usually related to an infection (usually a viral infection) but they can also be caused by medicines, allergies and other problems. Sometimes they are due to more serious problems. Your child's rash can spread all over their body; this in itself is not worrying. How your child is in themselves is much more important.

What can I do if my child has a rash?

- * If your child has a temperature on how to control the temperature and signs to look out for.
- * Many rashes can be treated with the help of a pharmacist (chemist). They can provide creams for nappy rash, chickenpox, dry skin conditions as well as a medicine called antihistamine for rashes that are itchy.

When should I take my child to see a doctor?

- * If your baby is less than 3 months old
- * If the rash is itchy
- * If the rash is painful
- * If it lasts more than 1 week
- * If your child is unwell with the rash
- * If they have recently been started on a new medicine
- * If your child is losing weight
- * If your child gets new lumps
- * If your child's joints swell up with the rash
- * If your child has recently returned from a tropical country (Africa, South America, Asia etc)

When should I take my child to A&E?

- * If you think they have had an allergic reaction AND they are unwell or have difficulty breathing
- * If they are sleepy and difficult to wake up
- * If they get a red or purple rash or spots that don't disappear when a glass is pressed on it
- * If they have a fit
- * If they become unconscious at any time
- * If they are becoming more unwell very quickly

Can my child go to school/nursery?

Your child should not go to school/nursery until the rash has gone or until all their chickenpox spots have scabbed over.

My child has chicken pox

Chicken pox is very common and can be passed onto other people who have not had it before. It is usually a mild illness but can be harmful to pregnant women so it is important to avoid public places as much as possible until the last spot has scabbed over. Chicken pox starts as red itchy spots that form blisters. These break down easily to form a scab. Children can get chicken pox all over their bodies.

Chicken pox usually gets better after a week or so. Your child may get a mild temperature, be a little unsettled or be uncomfortable with itching. Your child may not eat as much as normal, their appetite will return when the chicken pox has cleared.

What can I do if my child has chicken pox?

- * If your child is in pain or has a temperature with chicken pox you can give them paracetamol (calpol) but not ibuprofen
- * Please seek advice from your local pharmacy (chemist) for medicines to help with itching or advice on pain relief

When should I take my child to see a doctor?

- * If they have spots in their eyes, mouth or around their private parts that are painful and causing problems with sight, eating or weeing
- * If their temperature is not controlled with paracetamol
- * If they get tummy pains or their eyes seem to be getting yellow
- * If your baby is less than 4 weeks old

When should I take my child to A&E?

- * If they are having difficulty breathing
- * If they are sleepy and difficult to wake up
- * If they have a fit
- * If they become unconscious at any time
- * If they are becoming more unwell very quickly
- * If they are unsteady on their feet and falling to the side lots (if this is not normal for them)
- * If they are not using one side of their body or have lost coordination of their arms or legs

Can my child go to school/nursery?

It is important to keep them off school/nursery until the last spot has scabbed over.

My child has earache

It is common for children to get ear ache. It can affect one or both ears. Your child may also have a “cold” (cough, runny nose, high temperature). Most children will recover within 1-3 days. But some may take slightly longer.

What can I do if my child has earache?

Give your child regular pain relief (paracetamol or ibuprofen). Don't let them go swimming.

Most will get better without antibiotics.

When should I take my child to see a doctor?

- * If your child is less than 2 years old and you think they have sore ears
- * If your child is unwell with a high temperature or vomiting
- * If they have a discharge from their ear.
- * If they still have pain after 2 days.
- * If they are diabetic
- * If they have drooping of one side of their face.
- * If the pain started after an injury to the ear or bleeding from the ear.
- * You should also have your child seen by a doctor if you can see redness behind their ear or their ear seems to be pushed forward compared to the other side or it is painful when you press behind the ear

When should I take my child to A&E?

- * If they are very sleepy and difficult to wake up or they become unconscious
- * If they have breathing difficulties
- * If they have a fit
- * If they get a red or purple rash or spots that don't disappear when a glass is pressed on it
- * If they seem to be getting worse very quickly

Can my child go to school/nursery?

Your child may feel unwell for a few days with their ear ache and may need some time off. They might feel tired and not have as much energy as normal, especially if they have a high temperature too. Make sure they get plenty of rest.

My child has a sore throat

Children often get sore throats and most will get better after a few days.

What can I do if my child has a sore throat?

Give them paracetamol or ibuprofen. Encourage them to drink more. Do not worry if they don't want to eat much. They may eat food like ice-cream, yogurts and milkshakes. Most will get better without antibiotics.

- * Please see your local pharmacy (chemist) for advice on medicines which may help your child

When should I take my child to see a doctor?

- * If they are unable to swallow or they are not drinking anything because it hurts too much
- * If they have a lot of pain or a high temperature which is not helped by paracetamol or ibuprofen
- * If they feel unwell with their sore throat
- * If your child often has a sore throat
- * If they are no better after 1 week

When should I take my child to A&E?

- * If they are very sleepy and difficult to wake up
- * If they became unconscious at any time
- * If they have breathing difficulties
- * If they get red or purple spots that don't disappear when a glass is pressed on it
- * If their throat is so painful, they are unable to swallow their own saliva (spit).
- * If they seem to be getting worse very quickly

Can my child go to school/nursery?

Your child may feel unwell for a few days with their sore throat and may need some time off. They might feel tired and not have as much energy as normal, especially if they have a high temperature too. Make sure they get plenty of rest.

My child has a cough

Children often get coughs, most are caused by a virus and will get better after a week or so. Children often vomit after severe bouts of coughing.

Cough medicines rarely help.

If your child coughs a lot when they exercise or at night they might have asthma. Your doctor can assess your child to see if they think they have asthma.

What can I do if my child has a cough?

Make sure your child is drinking plenty of water and is not dehydrated. You can give them paracetamol (calpol) if they have a temperature or they have pain in their throat from coughing. If your child is old enough encourage them to cover their mouth when they cough and to wash their hands regularly. This will help to reduce the risk of spreading the virus ("germs") to other people.

- * Please see your local pharmacy (chemist) for advice which may help your child

When should I take my child to see a doctor?

- * If you think they might have asthma (see above)
- * If they are unwell with their cough
- * If they have recently returned from a tropical country (Africa, South America, Asia etc)
- * If they are losing weight
- * If they are coughing up phlegm or blood
- * If they are wheezy (noisy breathing), complain of chest tightness or shortness of breath
- * If they complain of pain in their chest

When should I take my child to A&E?

- * If you think your child may have swallowed an object or has an object stuck in their mouth/throat/neck
- * If they have significant breathing difficulties
- * If they have stopped breathing at any point
- * If they are sleepy and difficult to wake up
- * If they are drooling and unable to swallow their saliva (spit) as well as a high temperature
- * If they have recently had an injury to their chest
- * If your child's colour changes – blue lips for example

Can my child go to school/nursery?

Your child may feel unwell for a few days with their cough and may need some time off. They might feel tired and not have as much energy as normal, especially if they have a high temperature too. Make sure they get plenty of rest.

My child has breathing difficulties

Many common conditions cause breathing difficulties, most are mild and quickly settle but sometimes it can be more serious. All children with breathing difficulties should be seen by a doctor. Infections and asthma commonly cause breathing difficulties in children.

What can I do if my child has breathing difficulties?

If your child also has a temperature, or advice on how to help this. If your child has asthma, give them their reliever inhaler and follow their plan given by your GP or asthma nurse. If your child does not have an asthma plan please see your GP.

When should I take my child to see a doctor?

If your child has new breathing difficulties you should take them to a doctor as soon as possible.

When should I take my child to A&E

- * If they have severe shortness of breath for no obvious reason
- * If they have stopped breathing at any time (for any length of time)
- * If they are too breathless to speak or feed
- * If they are working hard to breathe (you can see their ribs easily as they breathe in and out)
- * If they have blue discolouration of lips or face
- * If they are sleepy and difficult to wake up
- * If they get a red or purple rash or spots that don't disappear when a glass is pressed on it
- * If you think your child may have swallowed an object or has an object stuck in their mouth/throat/neck
- * If you think your child is having an allergic reaction (commonly to food, insect bites or a new medicine)
- * If they are becoming tired with their shortness of breath
- * If your child has asthma and their inhaler medication is not improving their breathlessness
- * If your child has asthma and you know they become worse very quickly
- * If your child has become breathless after injuring their chest

My child has a headache

Most headaches are not serious and will get better by themselves.

What can I do if my child has a headache?

Give them paracetamol (Calpol) or ibuprofen plenty of water and getting enough sleep. If they have been watching TV or using the computer, switch these off. Let them rest quietly. Make sure they are drinking plenty of water and getting enough sleep. If they have been watching TV or using the computer, switch these off.

When should I take my child to see a doctor?

- * If paracetamol or ibuprofen don't work
- * If they are confused or more sleepy than normal
- * If they are vomiting as well as have a headache
- * If they have a high temperature
- * If they complain of the light hurting their eyes or a stiff neck
- * If they are losing weight
- * If they seem more tired than normal, less energy or paler in colour
- * If there are any changes to their eyes or vision
- * If the headache gets worse when bending over (e.g. to put on shoes), standing up or straining (e.g. when going for a poo)
- * If the headache is worse first thing in the morning or keeps your child awake through the night.
- * If they have had an injury to the head or neck
- * If you think their personality has changed
- * If they have altered strength or sensations in their arms legs or face -like numbness and weakness
- * If they are having "fainting" episodes or black outs as well

When should I take my child to A&E?

- * If they are very sleepy and difficult to wake up
- * If they became unconscious at any time
- * If they have breathing difficulties
- * If they have a fit
- * If they get a red or purple rash or spots that don't disappear when a glass is pressed on it
- * If they are very unsteady on their feet or fall over easily which is not normal for them
- * If they are not using parts of the body (for example an arm and a leg on one side)
- * If they seem to be getting worse very quickly
- * If you have recently been abroad to a country that has malaria (e.g. Africa, Asia or South America)

Can my child go to school/nursery?

If your child is well apart from the headache they can go to school/nursery

My child has a stomach (tummy) ache

Tummy ache or stomach pains are very common in children. Most tummy aches are not serious and will get better after a few days. They may have a very severe pain that is constant or comes and goes. They might have repeated episodes of tummy pain.

What can I do if my child has a tummy ache?

- * Give them pain relief like paracetamol or ibuprofen
- * They probably won't want to eat – this is normal, but see if they will still drink
- * Encourage your child to go to the toilet for a poo because constipation is a common cause of tummy pain
- * If your child also has diarrhoea (runny poo) and or vomiting (being sick) watch out for signs of dehydration

When should I take my child to see a doctor?

- * If the pain is not eased with simple pain killers (paracetamol or ibuprofen) or is severe
- * If they have a high temperature or are unwell in themselves
- * If they complain of it hurting to wee, blood in their wee, smelly wee, or going more than normal to wee
- * If they get blood in their poo
- * If they get lots of episodes of diarrhoea and tummy pain
- * If they are diabetic
- * If your child's constipation is not settling with simple changes to their diet
- * If they tend to get lots of headaches with their tummy pains
- * If you notice a rash (especially on the legs)
- * If they get swollen joints (ankles etc) with the tummy pain
- * If they are losing weight
- * If you notice their eyes becoming yellow.
- * If the pain wakes them from sleep at night

When should I take my child to A&E?

- * If they vomit green liquid or liquid that smells of poo
- * If their tummy is very hard and painful when pressed
- * If they have severe breathing difficulties
- * If they are very sleepy and difficult to wake up
- * If they are getting a lot worse very quickly
- * If they vomit up blood and / or their poo becomes black in colour (like tar)
- * If your child has had an injury to their tummy
- * If your son has a swollen, red or painful testicle
- * If your child has a condition called sickle cell disease
- * If your child is unable to wee
- * If your child has swallowed an object (e.g. a coin, a battery, magnet or anything else that is not food or drink)

Can my child go to school/nursery?

Your child may feel unwell with their tummy ache and may need some time off. They might feel tired and not have as much energy as normal. Make sure they get plenty of rest.

My child has diarrhoea (runny poo) and vomiting (being sick) (D+V)

D+V is very common and usually settles within a few days. It is usually caused by “bugs” in the stomach which can be easily passed on to other members in the family. It can be caused by other problems in the “gut” like appendicitis or a twisted bowel. D+V is a common side effect of many medicines, especially antibiotics.

What can I do if my child has diarrhoea?

- * Make sure you give them plenty to drink. Avoid fizzy drinks (even if they have gone “flat”) and fruit juice.
- * Keep giving them drinks in frequent small amounts even if they are vomiting. If they vomit all drinks given straight away or after a few minutes they can get dehydrated and should be seen by a doctor.
- * It is good to give your child a few sips frequently rather than a full drink all at once.
- * Give paracetamol (calpol) if your child has a high temperature or has tummy ache
- * If your baby has D+V you can continue breast or bottle feeding as normal. Offer your baby additional sterile water between feeds.
- * If your child is hungry and wants to eat that’s fine.
- * You can introduce their normal solid food as soon as they want to eat
- * Wash your hands thoroughly especially after going to the toilet, changing nappies or before handling food and encourage your child to do the same.
- * Children with D+V should not share towels with other family members.
- * Children should not swim in swimming pools for 2 weeks after the last episode of diarrhoea or vomiting.
- * Please see your pharmacist (chemist) if you need further advice. They can provide a medicine that can be added to water that will help to prevent your child from becoming dehydrated (oral rehydration solutions).

When should I take my child to see a doctor?

- * If you think your child is dehydrated
- * If they are vomiting all drinks straight back up and you have already tried giving smaller amounts more frequently for several hours without success
- * If they have blood in either the diarrhoea or the vomit
- * If they have a high temperature
- * If they are unwell with the D+V
- * If they have pain on passing urine or blood in their urine
- * If you have recently been abroad (Especially to places like South America, Africa, and Asia)
- * If the diarrhoea lasts more than 7 days

How will I know if my child is dehydrated?

The following suggest your child has some dehydration:

- * Fewer wet nappies than normal or weeing less frequently
- * Drinking more than normal
- * Dark circles under the eyes (eyes appear sunken)
- * The soft spot on top of your baby's head is more sunken than normal
- * More sleepy than normal or floppy
- * Dry lips (and sometimes tongue as well)
- * Dry and / pale skin (that is not normal for them)
- * Restless or agitated
- * Abnormal breathing

When should I take my child to A&E?

- * If they are very sleepy and difficult to wake up
- * If they have breathing difficulties
- * If they have a fit
- * If they become unconscious at any time
- * If they become worse very quickly
- * If they get a red or purple rash or spots that don't disappear when a glass is pressed on it
- * If they vomit green liquid or their vomit smells of poo.

Can my child go to school/nursery?

Children should not go back to their school or nursery until at least 48 hours after the diarrhoea or vomiting has stopped.

My child is constipated

Constipation is a common problem in children. Your child may experience tummy pain, pain on passing poo, not go to the toilet for a poo very often (more than a few days) or they may have accidents in their pants with liquid poo (this is called soiling).

What can I do if my child is constipated?

- * Give your child plenty of water to drink.
- * Give your child a varied diet with lots of fibre in it (fruit, vegetables, wholemeal bread, pasta, and wholegrain cereals (weetabix etc).)
- * Too much milk or too many dairy products in children older than 18 months can make constipation worse.
- * If your baby has constipation ask your health visitor advice about feeding.
- * Do not blame your child if they have an accident, it is not their fault, liquid poo can escape without them knowing around hard stuck poo in the bowel.
- * Try sitting your child on the toilet after every meal to encourage them to poo.
- * Try giving your child a warm bath
- * Try massaging your child's tummy
- * Give paracetamol or ibuprofen if they have tummy ache
- * Give any medicines prescribed by your doctor as instructed.

When should I take my child to see a doctor?

- * If your child is less than 4 weeks old
- * If they are bleeding from their bottom
- * If they are in a lot of pain
- * If the constipation lasts longer than 2 weeks
- * If your child is losing weight
- * If they complain of “funny sensation”, tingling or numbness in the legs
- * If their tummy seems a lot bigger
- * If they have been started on new medicine (some medicines can cause constipation)
- * If they are vomiting and constipated

When should I take my child to A&E?

- * If they are in severe pain which is not helped by paracetamol or ibuprofen
- * If they are getting worse very quickly
- * If your baby is very young and has never had a poo

Can my child go to school/nursery?

If your child is well apart from the constipation they can go to school/nursery

My child has red, sticky (or watery) eyes

Many will clear up without any treatment. Your child may complain that their eyes feel gritty or sore. Their eyelashes might be stuck together when they wake up in the morning. If your child's eyes are very itchy, and they also have a runny or blocked nose and sneezing during the summer they may have hay fever. Some children may have an eye infection called conjunctivitis. This is very common and also very easy to pass onto other members of the family.

What can I do if my child has red, sticky or watery eyes?

- * You can help the eyes with a cotton ball soaked in warm water to clear away any discharge several times a day.
- * Wash your hands after you have been holding your child / washing their eyes or putting the antibiotics into their eyes. This is because the bugs can be passed from your child's eyes to your own by your hands.
- * Make sure your child has their own towel, flannel and bed linen and that nobody else in the family uses them until the infection has gone.
- * Also encourage your child to wash their hands frequently if they are old enough (especially if they have touched their eye or face).
- * Please see your pharmacist (chemist) for more advice. They may provide antibiotics or eye drops.

When should I take my child to see a doctor?

- * If your baby is less than 4 weeks old
- * If your child's eyes have not improved after 5 days
- * If your child is unwell with a high temperature
- * If the skin around the eyes is also red or swollen
- * If your child's eyesight is affected
- * If they are vomiting
- * If it is very painful
- * If they complain of the light hurting their eyes
- * If they get lots of similar episodes
- * If the eyes are very itchy

When should I take my child to A&E?

- * If you think they may have something in their eye (a bit of grit etc)
- * If they have injured their eye recently

Can my child go to school/nursery?

Please contact your school or nursery for advice.

My child has a nosebleed

Children can get nose bleeds when they have a 'cold' or if they have banged or picked their nose. It can be caused by the weather or by cigarette smoke. Occasionally medicines may cause your child's nose to bleed (if they are on long term steroids etc).

What can I do if my child has a nosebleed?

- * Put their head down and get them (or you) to hold the bottom part of their nose CONSTANTLY for at least 10 minutes. Get someone else to hold a bag of frozen peas (or similar) wrapped in a tea towel on the top part of their nose. Your child may spit out blood – this is normal as blood trickles from the nose into the back of the throat. When the bleeding has stopped, your child should not blow or pick their nose. Avoid hot baths and hot drinks for 24 hours (they may cause further nose bleeds).
- * Please see your pharmacist (chemist) for further advice.

When should I take my child to see a doctor?

- * If they get nosebleeds often
- * If they are unwell in themselves
- * If they have a high temperature
- * If they have unexplained bruising
- * If they are bleeding from other places (their gums etc)
- * If they are taking any medicines (that maybe causing the nose bleed)
- * If they are losing weight, lack energy or are paler than normal
- * If they also have a foul smelling discharge from their nose
- * If they often complain of their nose being "blocked"

When should I take my child to A&E?

- * If the bleeding has not stopped after 10-15 minutes
- * If they have breathing difficulties
- * If they are very sleepy and difficult to wake-up
- * If they have had an injury to the nose and you think it might be broken
- * If you think they may have an object (like a bead, button, pea etc) up their nose

Can my child go to school/nursery?

Yes

My child has a limp

Children can get a limp for a variety of reasons. It may be because they have injured their leg or foot or they may have a problem with their back, tummy, hip or other bones and joints in the leg.

What can I do if my child has a limp?

Try to get your child to rest and give them paracetamol or ibuprofen if it hurts.

When should I take my child to see a doctor?

- * If they are in pain or discomfort in their bones, joints or tummy
- * If the limp lasts more than 24 hours
- * If they are losing weight
- * If you have noticed they are bruising easily
- * If they also get a rash with the limp
- * If you notice any new lumps
- * If they seem to have less energy / become tired easily
- * If you think they have weakness in their leg muscles
- * If you are worried your child isn't developing as you would expect

When should I take my child to A&E?

- * If they are unwell with a limp
- * If they have a high temperature
- * If they are unable to walk or put any weight on the affected leg
- * If they have injured their leg or back
- * If they have red, swollen and painful testicles
- * If you think they may have something in their foot (a bit of glass etc)
- * If they can not or don't want to move their back, hip, knee or foot
- * If your child is older than 8 years with an unexplained limp

Can my child go to school/nursery?

Yes if they are not in too much pain but they should stay off sporting activities and PE until any pain has settled.

My child has backache

Children can get back pain if they have fallen over or injured themselves playing sport. Infections can also cause back pain. Infections can be within the back itself or elsewhere like the kidneys (“a water infection”).

What can I do if my child has backache?

Give your child pain relief like paracetamol or ibuprofen.

When should I take my child to see a doctor?

- * If your child has any back pain without any obvious injuries
- * If your child is less than 12yrs old
- * If the pain persists for more than 2 weeks
- * If the pain is not related to movement
- * If the pain interferes with daily function like school, playing, sport
- * If the pain is present during the night
- * If they have reduced movement in their back
- * If they have a high temperature
- * If they are losing weight
- * If they have a new onset of bed wetting

When should I take my child to A&E?

- * If they have had a serious injury
- * If they have weakness in their legs
- * If they complain of tingling, numbness or a changed sensation in their legs or bottom
- * If they have lost control of their bowel or bladder (“accidents in their pants”)
- * If they are unable to walk
- * If they have a high temperature and are unwell
- * If they are unwell (even without a temperature)
- * Pain is getting worse despite simple pain killers

Can my child go to school/nursery?

Yes if they are not in too much pain but they should stay off sporting activities and PE until the pain has settled.

My child has cut themselves

Cuts and grazes are common in children, the majority heal well and need only first aid measures that can be provided at home by parents, family or carers

What can I do if my child has cut themselves?

Wash and dry your hands. Clean the wound with simple tap water. Ideally place the cut under running water. Dry the cut with a clean cloth then cover it with a dressing like a plaster. If it is bleeding, put pressure on it with a clean cloth and raise the cut in the air (if it is on the arm or leg etc). Give your child paracetamol (calpol). Keep the cut clean and dry until it has healed.

- * Please ask your pharmacist (chemist) about medicines that can help to keep the cut clean and dressings to cover the cut with.

When should I take my child to see a doctor?

- * If you think the cut has become infected
- * If your child is not up to date with their vaccinations like tetanus
- * If you're worried that the cut is not healing

When should I take my child to A&E?

- * If the cut is very deep or very wide and you think it may need stitches
- * If the cut is very deep and won't stop bleeding
- * If you think there might be something inside like a bit of glass or a splinter
- * If you think they may have broken a bone too
- * If the cut or graze is difficult to clean
- * If the cut has been caused by a stabbing
- * If your child is complaining of tingling or numbness
- * Most cuts to the face and hand (unless they are very minor)

My child has had a fall

Children often fall over, they may get a few bruises but they can sometimes get more serious injuries like broken bones, serious head injuries and damage to organs in the body.

What can I do if my child has had a fall?

- * Check to see if they have any obvious injuries
- * If you are worried they have injured their back or neck DO NOT MOVE THEM (call an ambulance)
- * If they are in pain, give them paracetamol or ibuprofen
- * If they have any swellings – apply an ice pack to the area (wrap a bag of frozen peas in a clean tea towel) and leave it on for about 10 minutes
- * Raise up the injured part if possible (and only if it does not cause a lot of pain)
- * Treat any cuts as advised on page

When should I take my child to A&E?

- * If they have been “knocked out” (lost consciousness)
- * If they are vomiting after a bump to the head
- * If they have had a fit
- * If they are very drowsy or difficult to wake up
- * If they are very unsteady walking after the fall
- * If they are bleeding or have clear fluid from the ear or nose after a bump to the head
- * If they have a cut that is very big, deep or won't stop bleeding.
- * If they have fallen a long way (e.g. out of a tree, from the top of a climbing frame etc)
- * If you think they have broken a bone
- * If they have injured their back, neck or tummy
- * If they become very pale or sweaty after the fall
- * If they have any difficulty breathing
- * If they complain of any tingling or numbness in their arms or legs
- * If they may have something stuck in their body (glass in a cut etc)

My child has burnt themselves

What can I do if my child has burnt themselves?

- * Put the burn under cold running water straight away for at least 10 minutes
- * Dry the burn with a clean cloth
- * Cover with a dressing if it is a small area. Cover the burn with cling film if it involves a big area
- * Give them a pain killer like paracetamol (calpol) or ibuprofen (nurofen)
- * Most burns in children should be seen by a doctor

When should I take my child to see a doctor?

- * If the burn is not healing after a few days
- * If you think it may be infected (redness, strong smell, pus, child unwell)

When should I take my child to A&E?

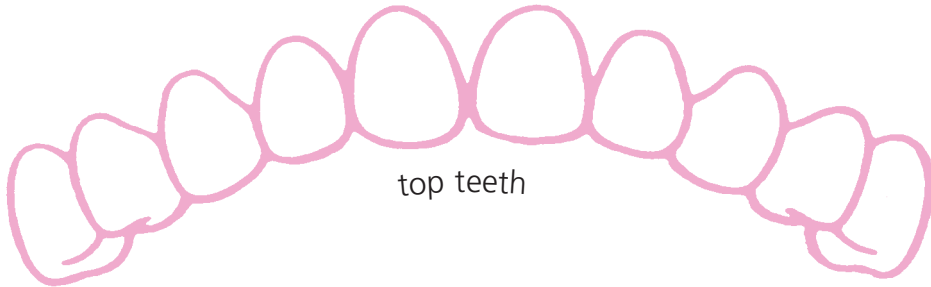
- * For most burns, unless they are very minor
- * If the burn is very big
- * If they were involved in a fire
- * If they have other injuries
- * If your child is less than 3 years old

Dental health

You can take your child to see an NHS dentist for preventive advice as soon as he/she is born.

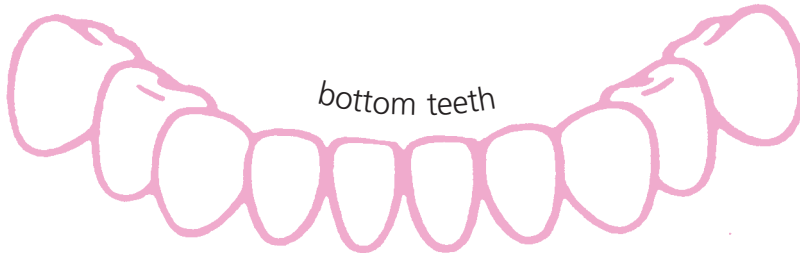
NHS dental treatment for children is free.

Put your child's age in months on the chart below as each tooth appears... 



Age first tooth came through:

.....



For more information on caring for your child's teeth see *Birth to Five*.
Can also be viewed by searching for *Birth to Five* at www.dh.gov.uk

How can I look after my child's teeth?

Is my baby teething?

Babies start getting their first teeth ('teething') around 6 months. The front 8 teeth (incisors) arrive first, followed by the first molars (first double teeth), canines (pointy teeth), and finally the second molars (very back teeth). Most children will have 20 baby (deciduous) teeth by the time they are 2 and a half. The first adult (permanent) teeth arrive around 6 years behind the baby molar teeth. By the age of 13 there are 28 adult teeth and 4 more 'wisdom teeth' may arrive around 18 years.

Some babies get their teeth without any problems, however for others it can be a painful experience. Your baby may have:

- * Reddened cheeks, which may feel warm
- * Red, swollen gums
- * Excessive dribbling – this may also cause a red rash to develop on their chin
- * Poor appetite if their mouth is feeling painful
- * Been chewing toys or fingers
- * Restlessness and irritability
- * A raised temperature
- * Diarrhoea

Please note that many of these are also seen in other illnesses. If in any doubt, please take your child to see your pharmacist (chemist), doctor or dentist.

What can I do when my child is teething?

- * Give your baby something to chew on, like a teething ring. Avoid giving rusks as they contain a lot of sugar which is harmful for teeth.
- * Teething gels can help to numb the pain. Check with your pharmacist before buying a teething gel, to ensure it is suitable for your child.
- * Painkilling medicine. If your baby is in pain or has a raised temperature, you could give them liquid paracetamol or ibuprofen. The sugar free version of the liquid medicine is better for your child's teeth.
- * Comforting or playing with your baby can help to distract them.
- * Frequently wipe the dribble off your baby's chin and neck area to prevent them getting a rash. It may be useful for them to sleep on an absorbent sheet, and vaseline may be applied to the chin to prevent soreness.

How should I clean my child's teeth?

Start brushing their teeth with a fluoride toothpaste as soon as they come through using a small-headed toothbrush with soft bristles. Fluoride toothpaste strengthens teeth and prevents decay (holes). Brush last thing at night before going to bed, and at one other time in the day. Children need to be helped or supervised with brushing by an adult until they are 7 years old. The amount of fluoride toothpaste contains is stated on the toothpaste packaging:

- * For children **up to 3 years**, use only a smear of toothpaste containing no less than 1,000 parts per million (ppm) fluoride.
- * Children aged **3-6 years** should use a pea-sized amount of toothpaste containing 1,350-1,500 ppm fluoride, and be encouraged to spit out rather than rinse after brushing.
- * Toothpaste containing at least 1,350 ppm fluoride is also advised for all other age groups.
- * Many children's toothpastes do not contain enough fluoride to protect your child's teeth.

What about going to the dentist?

Take your child to the dentist along with the rest of the family as soon as their first teeth appear (around 6 months) to get them used to the dentist. Initially the dentist will examine the child whilst being sat on their parent's knee, and as they get older they will be encouraged to sit in the chair on their own. **If you would like to find an NHS dentist in Sheffield for your family, please phone the dental helpline on 0114 3051510** and leave your contact details on the answer phone. A member of staff will contact you with details of dentists taking on NHS patients in your area. You can also find information on-line at www.sheffield.nhs.uk

What should I do if my child has toothache, swelling, bleeding or has had an injury to their teeth?

Arrange an appointment at their regular dental practice. If you are unable to get an appointment for them, if it is out-of-hours, or if they don't have a dentist, please ring the **dental emergencies helpline for advice or referral for urgent treatment on 0844 736 8440**. If your child has toothache you can give them pain relief like liquid paracetamol or ibuprofen.

How can I stop my child getting decay and toothache?

Holes in the teeth (decay) are caused by acid attacks on the teeth following eating sugary foods and drinks. Decay can be prevented by eating less sugary foods and drinks, and using a fluoride toothpaste to strengthen the teeth.

Most sugars are found in processed foods such as cakes, breakfast cereals, biscuits, jams, and soft drinks. Avoid baby foods containing sugar which may appear on the ingredients list as fructose, glucose, lactose or sucrose. Safer snacks for teeth include: bread, toast, naan, cheese, fruit and vegetables. Never dip your baby's dummy or teething ring into honey or syrup which are very sugary.

Milk and plain water are the best drinks for teeth. For babies, breast-feeding is best. If bottle-feeding, bottles should only contain unsweetened milk or cooled boiled water. From the age of 6 months, encourage your baby to use a free-flow feeder cup (without a valve) containing milk or water.

Ask your doctor or dentist to prescribe sugar-free medicines, and buy sugar-free versions of over the counter medicines such as liquid paracetamol (e.g. Calpol).