

FEVER IN CHILDREN

January is here. Outside, it is cold and windy. Unfortunately, this is also the season for colds. In winter, many children develop a fever from time to time. But don't worry: In most cases, fever is a normal sign that the body is fighting off germs.

In this newsletter, we share tips on how you can help your child so that they can recover quickly.

10 min. read | #FeverInChildren #HealthyThroughWinter #ParentTipsJanuary #ChildHealth #WhatToDoWhenFever



Dear parents,

Did you know that fever is not an illness? Fever is a sign that the body is fighting disease.

A temperature of 38°C or higher is considered a fever. A temperature of 39°C or higher is considered a high fever.

The body heats up in order to fight germs. Germs include, for example, viruses and bacteria.

Doctors confirm the positive effects of fever.

However, many parents worry when their child has a fever and give medication to lower it.

We have found that giving fever-reducing medication too early can be harmful to the child.

Important:

Fever itself is not a disease. Fever is a sign of an illness that is beginning. That is why pediatricians advise: Treat the illness, not the fever!

What does body temperature mean?

36.5–37.5°C: normal body temperature of a healthy child

- 37.6–38.4°C: elevated temperature
- 38.5°C: fever
- 39°C and above: high fever

Body temperature is usually slightly higher in the evening than in the morning.



ALLGEMEINE TIPPS

Provide rest –

Let your child sleep a lot and get plenty of rest.

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Encourage plenty of fluids –

Make sure your child drinks enough.

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Do not dress or cover too warmly–

Dress your child lightly so their body can cool down.

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Do not lower fever immediately –

Only give fever-reducing medication in cases of high fever or discomfort.

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Observe your child carefully –

Watch your child closely:

Do they seem very weak?

Are they in pain?



PRACTIAL TIP

Fever Detectives

In this game, you discover together what is important when a child has a fever and how to help a "sick" child.

Preparation:

- Decide together who will play the sick child. This can be a child, mom or dad, or a doll.
- The others are the caregivers.
- Write notes with symptoms, for example: hot forehead, chill, loss of appetite).

How to play:

- The "sick" child says their symptoms, for example: "My forehead feels hot." "I feel cold."
- The others think about what might help the child, for example: "Put on light clothing!"
- Each correct answer earns one point.
- At the end, the person with the most points wins.



What is the benefit of this game?

- Children learn in a playful way how to deal with illness and fever.
- Children learn to express themselves.
- Children develop empathy.
- The whole family comes together.

HEALTHY TIP FOR PARENTS

Healthy children need healthy parents

Take care of yourself too! Only if you are healthy can you best support your child. Take time for a short break. Drink enough fluids. This will help you be there for your sick child.

Which home remedies help best with fever? Click the following [link](#).



More health tips for the whole family can be found on [our website](#).

Here is the QR code:



FURTHER INFORMATION

You can find an interesting article on the topic of fever treatment [HERE](#).

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Would you like to learn more about children's health? Then follow the foundation on **social media**.



Best regards,
your RAKUNS-Team!



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