

What all parents should have at home – your basic first aid kit

- Liquid paracetamol or ibuprofen
- A thermometer – always test your child’s temperature before contacting or visiting a health professional
- Antiseptic cream and plasters
- Oral rehydration solution suitable for your child’s age

Your pharmacist can help with all of these.

A newborn baby – fears and concerns

Crying

All babies cry. It’s their way of letting you know they need changing, are hungry or just need a cuddle. If your baby cries suddenly and often they may have colic. Colic is common but is not serious and will lessen over time. Talk to your **pharmacist**.

If your baby suddenly develops a high pitched cry, call **111** or contact your **GP**.

Wheezing and breathing difficulties

If your child develops a new persistent cough, fever or altered taste or smell, the whole household should isolate whilst obtaining a [covid test online](#) or call **119** for the person with symptoms.

If your child develops a wheeze and is finding it hard to breathe or develops a sudden onset of breathlessness you should access your nearest **A&E** or call **999**.

For mild wheeze speak to your **GP**.

Rashes and dry skin

It’s normal for babies to develop rashes, but if your baby develops a rash and seems

What to do if your child is unwell

A guide for parents and carers of babies and toddlers

unwell contact your **GP**. Other complaints such as nappy rash can be helped with creams from your local **pharmacist**.

If your child has a fever with a rash that does not disappear when pressed with a glass call **999** or take your child to your nearest **A&E**.

Babies and Toddlers

Coughs and colds

Coughs and colds are part of normal child development and helps them build up their immune system, an average child will have between 8-12 viral infections each year.

Most bugs will run their course and your child will get better on their own but you can help them:

- Make sure it’s not covid by [getting a test](#) if they have a cough, fever or change in smell or taste.
- Give your child lots to drink
- Try liquid paracetamol or liquid ibuprofen suitable for children

Talk to your **pharmacist** about other remedies

Ear infection and tonsillitis

Ear infections are common in very young children. They often follow a cold and can cause a temperature. They are painful and you may need painkillers from your **pharmacist**.

Earache can also be caused by tonsillitis, a common infection in children. Other symptoms include

a sore throat, coughing and a high temperature. If the pain becomes more severe or your child has breathing difficulties, contact your **GP**.

Upset tummy

Feeling and being sick are normally signs of an upset stomach or tummy bug, followed by diarrhoea.

Keep your child at home and, if they are not vomiting too often, give them frequent, small amounts of water (e.g. a couple of tablespoons full every 10 minutes), to stop them becoming dehydrated. Rehydration solutions can also help and can be bought at your local **pharmacy**.

Bumps and bruises

Most of your child’s bumps will require nothing more than a cuddle but you will know by their reaction if it’s more serious. A cold flannel or a covered ice pack on the spot for a few minutes will help reduce swelling and cool it down.

If your child has a bump to the head and it looks serious, or symptoms worsen, call **111** for advice or contact your **GP**.

For round-the-clock medical information and confidential advice, call NHS 111. This is a free service.

Most infections are viral infections, which cannot be treated by antibiotics. This includes cold and flu.

Self care

For coughs and cold, sore throats, grazed knees and elbows and mild tummy aches.

Lots of conditions can be treated at home – in fact that's the best place for your child.

A major part of helping your child to recover from minor illness is to get them to rest and drink plenty of fluids. Plan ahead by stocking up on essentials, including liquid paracetamol or ibuprofen, a thermometer, antiseptic cream and plasters. Do not give aspirin to a child under 16.

NHS 111

If you are concerned about your child's medical condition, please call NHS 111.

You can get free round-the-clock medical information, confidential advice and reassurance.

A 111 health advisor will ask you questions and give advice on what to do and where to go next.

If you need an appointment, the advisor will be able to book you one at the most suitable service. This may be at your local urgent treatment centre, GP hub, or GP practice.

Dental care

If you have concerns about your child's teeth, including dental pain, contact a dentist. NHS 111 can help you find your nearest dentist or the nearest emergency dental service. There are no emergency dental services at our local hospitals.

Pharmacists

For diarrhoea, constipation, skin irritations and mild fever.

Many of your child's medical problems can be treated by health professionals at your local pharmacy.

Pharmacists give expert, confidential advice and treatment. Best of all **there is no need for an appointment.**

GP

For high temperatures, persistent coughs and ear aches, eczema, severe tummy aches, vomiting and diarrhoea.

Your GP is the first port of call for your child for non-urgent illnesses and injuries that won't go away. Many GPs are open longer hours, including Saturdays and early mornings and they can offer emergency appointments for urgent cases.

Our GP access hubs in Barking and Dagenham, Havering and Redbridge provide urgent appointments with a GP on weekday evenings and at weekends. Use the NHS App to book an appointment or contact the GP hub booking line.

Walk in services

For cuts, minor infections, rashes, a suspected break or fracture.

There are walk in services available at local urgent treatment centres. However we would recommend calling 111 first to book an appointment to avoid waiting times when you arrive.

A&E

For black outs, suspected meningitis, choking, fitting, struggling to breathe, and bleeding that won't stop.

Hospital A&E provides urgent treatment for serious, life-threatening conditions. You should take your child to A&E yourself if possible but if your child is too ill, dial 999 for an ambulance.

For more information on local services, visit www.myhealth.london.nhs.uk and search for a service.

