

# CHILD CARE IN MONSOON

Monsoon rains herald the awakening of mother earth – new leaves, fresh crops, water galore to sustain the survival of us all. It's the season of regeneration, rejuvenation, rejoicing, romance and reveling in the respite from the scorching summer sun! Yet it brings with it pain, illness, discomfort and everyday hardships for our children.

Prevention is always better than cure. And as parents if we are armed with useful tips on childcare in monsoon, our children suffer less, remain healthy and thrive happily inspite of the gloomy weather.

## Care At Home

- Your child's room should be clean, dry and ventilated. Let the sunlight stream in!
- Keep your house and surrounding areas clean and dry. This prevents the mosquitos, rats and insects from invading your homes.
- Clothes maketh the man! Let your child wear loose cotton clothes. This will allow skin to breathe.
- Damp clothes can cause fungal infections. Dry your child's clothes by ironing if required.
- Taking shower after being caught in rain protects the child from infections. After drying, offer your child hot drinks like soup or milk.
- Let your child have bath with hot water to which few drops of antiseptic liquid is added. Dry him well afterwards.
- Don't let your child sit under the fan or near the AC with wet hair. This will protect him from catching cold and getting allergies.
- Always let your baby drink boiled water in monsoon. Insist that your child carry a water bottle to school and drink only from that.
- Wash feeding bottles or your kid's plates with boiled or filtered water.

## Food Facts

- Insist on your child eating hot, freshly cooked, home made food.
- Avoid raw or outside food.
- Heavy, spicy and non-vegetarian food is difficult to digest.
- Soups, milk, stew, stir fry vegetables, fresh green cooked vegetables are ideal to eat.
- Always keep food covered and don't keep food outside the refrigerator for more than two hours.

## One-Minute Wonders

- Hand washing is the easiest and best preventive measure in avoiding illness, keeping germs away and inhibiting viral spread.
- When not at home, using hand sanitizer is a must.
- Cutting your child's nails regularly goes a long way in keeping him disease free.
- If family member or caretaker is feeding the child, he/she must always wash hands before cooking and feeding the baby. Train your bai to follow this religiously.

## Protect Your Child

- Give an armour of raincoat, umbrella and boots to your child.
- Keep the raincoat clean and dry.
- Boots protect the child from bacterial diseases, worm infestation and diseases like leptospirosis.
- Shoes must be made from either vinyl or rubber with skid proof soles.
- Don't let children play in stagnant water or where there is water logging. This will protect your child from many mosquito and insect borne diseases.

# Danger Of Diseases

Temperature and humidity changes in monsoon encourage germs to grow and stagnant water is the breeding ground for mosquitos.

Thus monsoon rains herald:

- Mosquito borne diseases like Malaria, Dengue, Chikungunya.
- Water and food borne diseases like Gastroenteritis, Typhoid, Cholera, Jaundice.
- Air borne diseases like cold, flu, bronchitis.

Prevent mosquito borne diseases by

- Using mosquito nets or repellants.
- Covering all water bodies in and around your home.
- Putting wire mesh on windows.
- Keep windows and doors closed in evening.
- Garbage disposal should be done properly and garbage should not be allowed to accumulate near your home.
- Frequently change water in flower vase at home.
- Avoid stagnant water in any form in and around your home.

Prevent water and food borne diseases by

- Using boiled water.
- Eating freshly cooked hot food at home.
- Avoiding outside food and water.

Prevent air borne diseases by

- Frequent hand washing helps.
- Staying away from people who have cough/cold.
- Adults should take treatment immediately if they work as staff in schools or live in homes with infants.
- Teach your child to use a tissue and cover his mouth when he coughs or sneezes.

## WISE INVESTMENTS

# VACCINES

Vaccines boost the immune system and protect your child from diseases that are rampant in this weather. Hib, Pneumococcal, Flu, Hepatitis A and Typhoid vaccines can be gifts to your child for enhancing his armamentarium against disease causing bugs.

# MEDICINES

Keeping basic fever and cold medicines at home would take care of your child's immediate discomfort.  
Talk to your Pediatrician regarding this.

All said and done, happiness, togetherness, your loving care and intelligent planning will keep all diseases at bay and allow your child to enjoy this heavenly season at all times.



## Dr. SHRUTI GHATALIA

CONSULTANT PEDIATRICIAN & NEONATOLOGIST  
RESPIRATORY & ALLERGY SPECIALIST

MOBILE  
+91 9820180686

EMAIL  
drshruti@ghatalia.com

[www.shrutighatalia.com](http://www.shrutighatalia.com)

