

Common Diseases in Children

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Parenthood can be a challenging affair that comes with its share of trials and tribulations. A sudden sickness will test the limits of your endurance and leave you worried and frustrated about the best course of action to treat your child. Here are some of the most telling signs and symptoms of some common childhood illnesses that you are bound to encounter as a parent. Babies are a bundle of joy for most parents. They get to experience the miracle of birth and watch their young ones grow from tiny newborns to smart little kids. It can be hard to see your baby struggle with health problems or diseases, but pediatric doctors know how to help.

1. Colic

Colic is one of the most common pediatric ailments. It's characterized by periods of intense crying that lasts for at least three hours and happens more than three times a week, typically in infants between two weeks old to four months old. Doctors aren't exactly sure what causes colic, but it may be due to indigestion or an intolerance to certain foods like milk or wheat. Colicky babies can often be helped with interventions such as changing their diet and providing gentle pats on the back during a crying episode.

Pediatric physicians recommend you try soothing your baby with different techniques, including feeding them slowly while lying down and giving them cool clothing for hot days.

2. Cold and Flu

Kids are more vulnerable to colds and the flu than adults. They have immature immune systems, so they're less likely to fight off an infection independently. Pediatricians can help keep kids healthy by vaccinating them against these ailments if necessary and prescribing over-the-counter medications for fever or pain relief when appropriate.

3. Ear Infections

Ear infections are very common in children, and pediatricians recommend their checkups every six months due to this reason. They come about when fluid builds up behind the eardrum, leading to pain, redness inside your child's ear(s), fever, and other symptoms depending on what type they have been classified as. For example, acute otitis media is characterized by discharge coming out from one (or both) ears, while chronic ear infection symptoms include repeated cold-like ailments.

Your pediatrician may prescribe antibiotics to treat this issue depending on how severe it is. They also provide tips to parents to help prevent future episodes.

4. Baby Acne

Acne is a common pediatric skin condition that can occur at any age, but it most commonly starts in adolescence. It causes pimples to come up on the cheeks and forehead of babies between three to six months old who crawl around or play on their stomachs. Pediatricians may prescribe an over-the-counter medication like benzoyl peroxide for baby acne if necessary.

5. Bacterial Conjunctivitis

The bacterial infection conjunctivitis usually appears as redness, watery eyes, and discharge from one eye (or both). This can be caused by bacteria getting into your child's eye(s) from touching them with dirty hands or other objects, being exposed to someone else who has it, or due to excessive exposure to bright light.

6. Diaper Rash

Diaper rash is a common skin condition that results from prolonged contact of the diaper area to urine and/or stool. It can be caused by lack of air circulation, sensitivity to certain types of diapers or wipes, and food allergies. Sometimes pediatricians will prescribe a topical ointment like zinc oxide for baby rashes of this type.

7. Tonsillitis

This condition can happen when the tonsils swell up and become inflamed by bacteria in your child's mouth, causing an infection — usually *Streptococcus pneumoniae* (the most common cause). Tonsillectomy surgery may be necessary if recurrent infections continue despite antibiotic treatment.

8. Jaundice

Jaundice is the condition that causes a yellowish color of skin, eyes, and/or whites of the eyes. It can be caused by newborns' immature liver not working effectively to remove bilirubin from blood or inadequate breastfeeding.

One of the most important things to do as a parent is to keep your child healthy. The best way for you or any other new parents out there to know how to take care of your little one is by consulting with an expert pediatrician who knows all about these conditions first-hand. You can reach us at Pediatric today, where we are always ready to help.

