

FREQUENTLY ASKED QUESTIONS

How do I handle temper tantrums?

Temper tantrums usually start when the child's mind is "mature" enough to realize the consequences of using a loud sound to get rewards. If this is a little temper tantrum, think positive - the child is smart!

To handle this concern: Try to avert the expected tantrum by distracting the child before he/she gets into full-blown crying and fighting. When your child is too tired or sleepy, he can be fussy; so, eat and sleep enough before going out on a long trip, taking naps during the day will prevent exhaustion / not listening in the evening. It's ok to ignore the crying briefly especially when your child will stop the moment he is tended to.

How do I know when the feeding is enough?

For infants, when the baby is awake, he will stop eating as soon as he feels full and satisfied. Note the maximum amount per feeding in milliliters or ounces. So, when the baby is sleepy and he continues to suck slowly, just stop feeding when approaching this maximum amount. It is safer to feed less when he is sleepy.

IF MOM CONTINUES TO FEED HER BABY EVERY HALF AN HOUR OR EVERY HOUR, THAT IS NOT CORRECT. THIS IS BECAUSE AFTER EVERY HOUR, THE BABY CAN TAKE A BIT MORE AND HE WILL END UP BEING FED TOO MUCH.

Overfeeding causes STOMACH PAIN and REGURGITATION.

COLIC symptoms include BOTH crying in pain and refusal to eat. If the baby can eat or drink in normal amounts, even while crying, that is not colic.

Note that sudden loss of weight of more than 10% is not good at any age. Weight at 3rd percentile or below reflects under nutrition or small size. Weight at 97th percentile or above can reflect overweight, depending on BMI, or Body Mass Index. Obesity is diagnosed using BMI.

When should my child having diarrhea or vomiting come in to the office?

When you have diarrhea or vomiting, you are losing fluids. If the loss of fluids is greater than the intake, then DEHYDRATION can result.

SYMPTOMS OF DEHYDRATION:

- THIRST (baby will cry more)
- WEIGHT LOSS (5-10% body weight)
- DECREASED TEARS
- DECREASED URINE
- NO ENERGY

At home, the best treatment is drinking oral electrolyte (Pedialyte or Enfalyte), or rice water with little salt, or diluted milk, or diluted Gatorade (for older kids). Children should drink in small amounts and frequently every time there is loss of fluids from vomiting or diarrhea.

How do I know if my child has constipation?

Constipation means the feces is hard and dry. It is normal for children to have one bowel movement every 2-3 days.

Constipation in kids is easily prevented by eating fruits every day, drinking water every day. Juice is not the best fluid for constipation because juice contains a lot of sugar and too much juice can lead to unhealthy weight gain.

Other helpful foods are yogurt, prunes, oatmeal, and some raw vegetables e.g. tomatoes, edible greens.