# GCSE HOME ECONOMICS: Child Development





## Caring for a sick child

### **Learning Outcomes**

Students should be able to:

- Discuss the following factors to consider when caring for a sick child at home:
  - the types of thermometer used to take temperature;
  - how to administer medication;
  - how to provide a comfortable environment.



### Caring for a sick child

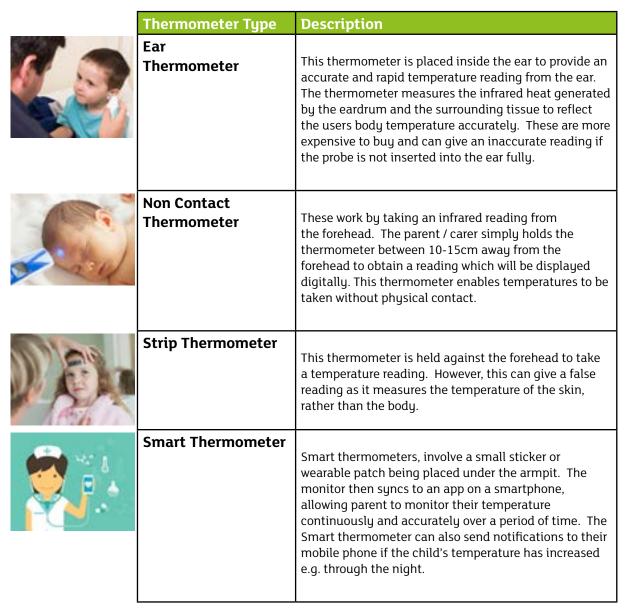
A normal temperature in babies and children is about 36.4C. A fever is usually considered to be a temperature of 38C or above.

There are five types of thermometer available to parents and carers:

- 1. Digital thermometer
- 2. Ear thermometer
- 3. Non contact thermometer
- 4. Strip thermometer
- 5. Smart thermometer (App based)



Thermometer Type	Description
Digital	These are an accurate and easy way to take a child's temperature. The thermometer is placed either in the mouth or under the armpit for 15 seconds and then the temperature can be read from the display monitor by the parent / carer. These thermometers are widely available.
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### **Class Activity:**

Research the price range, reviews, advantages and disadvantages of the five thermometers and provide your group's opinion on the best buy for parents.



# How to administer medicine to children

It is important that children are given their medication correctly so that their condition can be managed effectively.

Parents and carers should:

- Read the medicine's instructions carefully, to make sure the correct dose is given. The instructions will also explain if it should be given before or after food.
- Check that the medicine is within its use by date.
- Keep the medicine in the original box so that storage instructions can be followed accurately.
- Store the medicine out of reach of children.
- Experiment with a variety of spoons and syringes to find the method that is least stressful for the child.

The majority of medicine for children is in a liquid form, which can make it harder to administer, as they may not like the taste!

Using <a href="https://www.gosh.nhs.uk/medical-information/giving-your-child-medicines">https://www.gosh.nhs.uk/medical-information/giving-your-child-medicines</a> discuss 10 top tips for giving medicine.

# Providing a comfortable environment

The media clip discusses some of the advice parents should follow when looking after a sick child.

https://www.youtube.com/watch?v=t4-s4z2gAWU

Parents and carers should:

- Keep the room airy by opening a window so that it does not become too warm. If the room is too warm, they will probably feel worse.
- Give the child plenty to drink. To make drinks more appealing, ice cubes or straws could be used.
- It is normal for a child to lose their appetite during a period of illness. Parents / carers should offer foods that they know they will enjoy to encourage them to eat.
- Try to give the child time for quiet games, stories, company and comfort.
- Sick children get very tired and need plenty of rest. Encourage the child to doze off when they need to, perhaps by reading them a story or playing music.
- Never fall asleep with a sick baby on the sofa as this increases the chances of sudden infant death syndrome (SIDS).

### **References:**

www.publichealth.hscni.net/publications/birth-five

www.nhs.uk/conditions/pregnancy-and-baby/how-to-take-your-babys-temperature/

