

Class: Jss 3

Subject: Home economics

Week: 5

Topic: Common ailment in children

Introduction: Ailments are disease condition that affect children when they are not properly cared for. Young children or infants experience some common sicknesses or ailments in their environment. The common ailment may vary from environment to environment due to change in weather conditions, nutrition and hygiene of the mother. Common ailment associated with children includes:

- A. Colic:** This is as a result of cramps or pains in the intestine of a baby. It makes the uncomfortable and it is also painful. Babies between the age of 3-4 months mostly experience this.

Treatment

- a. Maintain clean food hygiene for the child.
- b. Maintain clean breast for the child during breast feeding.
- c. Attend post natal clinic with the child regularly for check-up.

- B. Diarrhoea:** Diarrhoea is a situation where the baby passes watery stool frequently. It makes the child to lose weight and water in the body. It is caused by unhygienic feeding of the baby.

Treatment

- a. Apply Oral Rehydration Therapy (ORT).

Preparation of ORT

- 1 level teaspoon of salt
- 10 levels teaspoonful of sugar.
- Half a litre of water (1 beer bottle or two Fanta bottles). See a doctor if the diarrhea persist.

- C. Jaundice:** This is a serious disease which causes the skin and the white part of the eye to turn yellow. It can also make the child to pass yellow urine. Jaundice makes the child uncomfortable.

Treatment:

Take the child to hospital for treatment.

- D. Nappy rash:** This is an infection on the skin of the baby due to the frequent use of nappies that are not cared for. The infection is in form of rashes on the skin, the bottom and private part of the baby.

Treatment:

Apply Vaseline jelly or castor oil on the rashes and expose the child skin to air so that the rashes can dry up.

- E. Constipation:** At a certain stage in development, a child will form a pattern for bowel movement and a change in the pattern may be caused by constipation. A child suffering from constipation will start passing hard stool or may not pass any at all. This is common in artificially fed babies.

Treatment:

- The child should be given enough clean water to drink.
- Glucose, honey or sugar can be added to his or her food.
- Fruit juices can be given to him or her eg oranges, pineapples, bananas, etc.
- In serious cases, the child should be taken to the hospital.

- F. Cough:** cough is the frequent noise coming from the mouth through the lungs. At times, it may be regarded as a symptom for an infection that can lead to other serious illnesses. In children, it is usually more serious at night as it prevents the child from sleeping or breathing well.

Treatment:

- Use recommended cough syrup from the clinic.
- Take the child to the hospital for proper treatment.

HOMEWORK

1. Give any 3 advantages of weaning.
2. Define immunization and state any two dangers of neglecting immunization.