

目録

壹、	新生兒的照顧	6
	一、安靜	6
	二、保溫	6
	三、衣服	6
	四、換尿布	6
	五、洗澡	6
	六、臍帶護理	7
	七、避免感染	7
	八、量體溫	7
	九、新生兒飲食	7
	十、新生兒排泄 {	3
+	-一、新生兒篩檢	9
/	新生兒常見問題	10
/	新生兒常見問題	
/ 頂		10
/ 演	一、治奶及吐奶二、黃疸	10
/ 頂	一、溢奶及吐奶	10 10
八頂	一、溢奶及吐奶	10 10 10
貳、	一、溢奶及吐奶 二、黃疸 三、粟粒疹 四、痱子 五、紅臀	10 10 10
八頂、	一、溢奶及吐奶 二、黃疸 三、粟粒疹 四、痱子 五、紅臀 六、濕疹	10 10 10 10
貢、	一、溢奶及吐奶 二、黃疸 三、粟粒疹 四、痱子 五、紅臀 六、濕疹 七、鵝口瘡	10 10 10 10 10
貢、	一、溢奶及吐奶二、黄疸三、粟粒疹四、痱子五、紅臀六、濕疹七、鵝口瘡八、發燒	10 10 10 10 10 10
貢、	一、溢奶及吐奶 二、黃疸 三、粟粒疹 四、痱子 五、紅臀 六、濕疹 七、鵝口瘡 八、發燒 九、新生兒鎖骨骨折	10 10 10 10 10 11 11

dad

参、早產兒常見疾病1 4
一、開放性動脈導管
(Patent Ductus Arteriosus, PDA) 14
二、壞死性小腸結腸炎
(Necrotizing Enterocolitis, NEC) . 14
三、視網膜症:
(Retinopathy of prematurity, ROP) . 15
四、早產兒出院前,父母應學習各項照顧
技能15
肆、加護病房常見疾病16
一、糖尿病母親所生的新生兒16
二、新生兒子宮内感染 16
三、胎便吸入症候群 17
伍、兒童常見疾病18
一、腹瀉18
二、急性中耳炎 18
三、流行性感冒19
四、泌尿道感染19
五、玫瑰疹 20
六、水痘 20
七、小兒氣喘 21
陸、大小便訓練22

*

4949

柒、牙齒保健 23
一、乳牙齒生長記錄 23
二、如何照顧孩子的牙齒 23
捌、副食品添加注意事項24
一、副食品添加之目的 24
二、副食品添加之原則 24
玖、各類預防接種後之注意事項25
一、卡介苗 25
二、B型肝炎 25
三、白喉、百日咳、破傷風三合一疫苗
接種後的反應及注意事項25
四、小兒麻痺口服疫苗接種後的反應及
注意事項
, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,
五、麻疹疫苗接種後的反應及注意事項 26
六、麻疹、腮腺炎、德國麻疹三合一疫
苗接種後的反應及注意事項 27
七、日本腦炎疫苗接種後的反應及注意
事項 27
八、霍亂、傷寒 28
九、水痘疫苗接種後的反應及注意事項 28
拾、嬰幼兒給予適當的環境及文化刺激29
拾壹、玩具的選擇31

Y A

dad

	一、各階段兒童玩具的選擇 31
	二、選擇兒童玩具的原則 31
	三、教導兒童遊戲時注意事項 31
拾貳、	嬰幼兒的運動: 32
拾參、	意外事件35
拾肆、	嬰幼兒心智發展 36
	一、如何教養身心健康的孩子 36
	二、嬰幼兒心智發展記錄表 38
	三、小智障磁發展遲緩兒童緊痠簡介 40

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超過



壹、新生兒的照顧 📗

嬰兒出生以後,因與母體内的情形完全不同,是在另外一種環境中成長。出生後一個月内的新生兒時期,正是嬰兒適應新環境的重要期間,這時可能遇到生理上的一些困難,所以需要給予特別照顧。

一、安靜:

新生兒除哺乳時間外,大部份時間都在睡眠,因此嬰兒房間 應該保持整潔和安靜。

但是也毋需刻意避免所有的聲音,適當的聲音嬰兒會適應且 是聽覺發展所必需的。

二、保温:

新生兒對於體溫調節能力較差,父母應注意嬰兒的體溫,嬰兒房間的溫度宜保持25℃~28℃左右,且要留心室内空氣的流通,但應避免直接吹到強風和間隙風。

三、衣服:

嬰兒衣服的選擇,應以輕軟、溫和而不易褪色,並避免使用 易燃燒之尼龍料為宜。棉織内衣沒有刺激性,又容易吸汗,是最適當的衣服。衣服的型式須簡單,太緊和太寬,都會妨礙嬰兒的活動。

四、換尿布:

嬰兒解大小便時,馬上換尿布,並用溫水洗淨屁股,再以棉巾輕輕拭乾。

万、洗澡:

- 1. 每天要為嬰兒洗澡,除提供清潔舒適外,還可藉此觀察身體 有無異常現象,如紅疹、瘀斑、外傷等等,並可增進親子關 係。
- 2. 洗澡的時間最好在餵奶前半小時或餵奶後1個小時,可避冤吐奶,選在一天中氣溫較高的時段(約上午10點至下午2點左右),室內溫度要暖和(約26℃~29℃)水的溫度要適當, 先放冷水再放熱水(41℃~43℃)可用手腕内側測試,感覺熱但不燙即可洗澡,時間約5分~10分為官。
- 3. 避免洗澡水進入耳朶、預防中耳炎、洗後用清潔小棉棒清潔 耳朵蓋、謹防將棉花棒插入耳鼻孔深處。
- ※ 洗澡時千萬不要讓嬰兒單獨留在浴缸中,以預防發生意外。





六、臍帶護理

- 1.目的:
 - (1) 預防臍部感染。
 - (2) 促進早日乾燥及脫落。
 - (3) 觀察有無出而及異常情形。

臍帶通常於出生後7~14天會脫落,在脫落前,每天洗完 澡至少做一次臍帶護理,但如果臍帶潮濕或有臭味,即要多 做幾次護理,並保持乾燥,當臍輪周圍發紅、臍部出血、臍 帶脫落傷口未癒而長肉芽、臭味時,均需找醫師診治。

- 2. 臍帶消毒溶液: 優碘。
- 3. 消毒法:

洗澡後先用小棉棒將臍部水份擦乾,再用一支棉棒沾優碘,一手用姆指、食指輕壓臍部周圍將皺摺處撐開,由臍部內面往外環消毒1~2次。

※尿片不要覆蓋在臍帶上面,避免常尿濕引起感染,若不慎尿 濕需再做臍部護理。

七、避冤感染:

因嬰兒對於感染的抵抗力很低,接觸嬰兒或準備嬰兒食物時應先洗手,干萬不要讓嬰兒接近有傳染病的人,例如有傷風感冒的患者,並切忌親吻嬰兒的腦,以冤傳染疾病。

八、量體溫

- 1. 由於新生兒的體溫調節中樞尚未穩定,故其變化極易受外界環境的影響,一般可低至36.1℃,可高至37.7℃。
- 2. 嬰兒測量體溫的部位為肛門,若有特殊情形,如腹瀉、肛門 口有瘜肉時,改測量腋溫或背溫。
- 3. 一般測量體溫是在每天洗澡前測一次,平時若發現寶寶臉部 發紅,四肢冰冷全身發抖時,也應隨時測量。
- 4. 測量體溫的方法是在測量前先檢視肛表水銀端的完整性,將水銀甩至35°C以下,用凡士林類之油劑潤滑,以旋轉方式插入肛門約二公分,手固定肛表不動,測量一分鐘取出肛溫表,用衛生紙擦乾淨,與視線成水平的位置,查看水銀度數,正常體溫為36.5°C~37.5°C。

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九、新生兒飲食

(一) 母奶

- 1. 餵奶:母奶為嬰兒最適當的天然營養品。以母奶餵養, 無論在營養上、經濟上,及母子心理與感情方面 都有很多優點。
- 母親餵奶前應先洗淨雙手,以最舒適的姿勢予以哺餵, 哺乳時間視嬰兒需要而定。
- 3.剛開始哺餵的奶,含有較多的蛋白質、乳糖、維生素、 礦物質、水份、脂肪及能量。

通常頭幾週哺餵寶寶的時間最好一邊乳房要超過15至20 分鐘以上。

- 4.判斷嬰兒是否得到足夠乳汁的方法為頭三個月每個月增加至少半公斤,每天小便至少5-6次,而且顏色不深。
- 5.每次餵完奶後,一般無須特別打隔,但如常有吐奶狀況,則可將嬰兒抱起,輕拍背部,使他吐出吸奶時所吞進的空氣,若拍背超過5-10分鐘仍未打隔,則不勉強排氣。
- 6. 母奶儲存方法:
 - (1)① 奶水置於室溫 初乳:12-24小時。 成熟乳:6-10小時。
 - ② 置於冷藏室成熟乳:最多5天。
 - (2) 冷凍奶水 冰凍層可存放3-4個月。
 - (3) 在冷藏室解凍但未加熱之奶水放於室溫内4小時内可使用。如放於冷藏室24小時内仍可使用,但不能再冰凍。
 - (4) 以溫水加熱之解凍奶放冷藏室4小時内仍可使用,但 不能再冰凍。

十、新生兒排泄

(一) 小便:

新生兒排尿是反射動作,因其膀胱儲尿能力弱,一天小便





次數可達6-8次,會隨著年齡增加而次數減少。

(一) 大便:

- 1. 嬰兒正常的大便: 哺餵母奶時的大便顏色金黃味較酸、形狀 較軟,呈顆粒性且水份較多。
- 2. 嬰兒異常的大便:異常的大便一般均有惡臭或酸味可分為: 糊便(性軟水份多,看起來像醬糊一樣)、粘便(比糊便水份更多一點,且帶有黏液)、水便(呈水樣狀,整個被尿布吸收)。
- 3. 如果解便時顯得費力或大便太乾、太硬或大便解不出來可能 是便秘。
- ※當您餵奶時,嬰兒會邊吃邊解大便,這是因為吸食時刺激腸 蠕動目肛門攜約肌未成熟無法控制所致。

十一、新生兒篩檢

1. 新生兒篩檢是「新生兒先天性代謝異常疾病篩檢」的簡稱。

目的:是在嬰兒出生後,早期發現患有先天代謝異常疾病的孩子,立即給予治療,使患孩能正常發育,而不致造成身心障礙的遺憾。

- 2. 篩檢的項目包括五項:
 - 1. 先天性甲狀腺低功能症
 - 2. 苯酮尿症
 - 3. 高胱胺酸尿症
 - 4. 半乳糖血症
 - 5. 葡萄糖-6-磷酸鹽去氫脢缺乏 症(蠶豆症)
- 3. 通常於出生後滿四十八小時並已 進食過的新生兒,採足跟血做檢 查,結果於一個月內完成,若有疑 問會通知複檢,正常則不主動通知: 亦可主動網路查詢或打電話回出生醫 院嬰兒室查詢篩檢結果。





貳、新生兒常見問題

一、溢奶及吐奶

項	Ħ	溢 奶	Π+ <i>Φ</i> Γ3
發生	情 形	食道内或胃内之内容物 ,於餵食後不久,自主 流出口外。	胃内容物被強而有力地 排出口外。
量	質	量少、呈奶水狀。	量多、呈凝固豆花樣
原	因	生理性食道下括約肌閉鎖不全,在3-4個月大後漸減少。	原因複雜,須專業人員 診查後才能確定

※ 預防及處理:

避免新生兒吸入空氣,以及餵食後排氣能預防吐奶。發生吐奶後,除清除乾淨外並將頭、背部墊高,或讓新生兒右側臥。

二、黃疸:

1.原因:

新生兒的黃疸是因新生兒的肝膽尚未發育成熟,不能排除多量被破壞的紅血球,而致血紅素代謝負荷增加所致,新生兒正常於出生後第2-3天開始有黃疸出現,4-5天達到高峰,大約7~10天便漸漸消退,這是正常的現象,稱為生理性黃疸。

2. 症狀:

通常鞏膜及皮膚呈現黃色,食慾減退、倦怠、昏睡,大便呈 黑綠色,尿色深而濃。

3. 注意事項:

- (1) 若黃疸不高,多補充水份,由大小便幫助排出,出院後仍需繼續觀察寶寶膚色,活動力及食量,可抱至有陽光或日光下,以 手指輕壓額頭、鼻及臉頰後有無皮膚越來越黃,或持續十天仍 未消退,應儘速就醫。
 - (2) 若呈現黃疸現象,眼白變黃,就應仔細觀察比對嬰兒大便顏色: 出生二個月內家長可以使用『大便顏色辨識卡』自行比對,即 可早期發現有無膽道閉鎖,及早就醫治療。 檢附圖表如下:



三、粟粒疹:

出生即發生,尤其鼻子分佈較多,呈白色小疹子,是因為皮脂腺 阻塞之故,幾週内會自行慢慢消失,不必做任何處理。

四、痱子:

預防痱子唯一的辦法是避免流汗,為了達到這目的,需要穿寬鬆 吸汗的衣服,並勿穿過多的衣物,保持環境空氣流暢。

五、紅臀:

1.原因:

臀部因經過大小便多次的刺激,又被尿片包著不透氣,有些 嬰兒皮膚較敏感,就容易有紅臀現象產生。

2. 症狀:

在肛門及會陰部有廣泛性紅斑、發紅或小水泡甚至化膿,有 些則表面呈粗糙狀如牛皮紙發紅、脫皮等。

3. 注意事項:

- ① 勤換尿片,大小便後洗淨局部皮膚保持乾燥。
- ② 若使用布尿布時,避冤使用洗衣粉及漂白水洗滌,應用肥皂並且需經日晒消毒、乾燥。
- ③ 為了保持患部乾燥,避免於患處塗抹痱子粉,這會增加患部的刺激,可將患部暴露於乾熱的狀態下。
- ④ 當症狀未見改善時,需請醫師診治。

六、濕疹:

出生嬰兒如果穿著過多的衣服、包被、或氣候濕熱、多汗時,常 易引起汗疹或汗腺炎,這些濕疹好發於頭、頸、臀、髮際等部位,有 大小不一的紅結節或内容呈透明狀的小疹,若再嚴重會有化膿現象。 所以保持乾爽,穿合適、吸汗、通風的衣服是很重要的,如果化膿, 就應請醫師診治。

七、鵝口瘡:

是一種口腔内微量黴菌感染。外觀像奶塊,但不易去除,會影響 新生兒喝奶量,預防方法是注意口腔清潔。

八、發燒

(一)正常體溫範圍:

□溫:36.4°C~37.2°C (測量2~3分鐘) 肛溫:37°C~37.5°C (測量1~3分鐘)

M)



腋溫:36.5℃~37℃(測量5~10分鐘)

(二) 小兒發燒的可能原因:

- (1) 外在因素: 小兒體溫受外在環境影響,如天熱時衣服穿太多、水喝太少、房間空氣不流通。
- (2) 内在因素:生病、感冒、氣管炎、喉頭發炎或其他疾病。
- (3) 其他:預防注射、如麻疹、霍亂、白喉、百日咳、破傷風 ……等之反應。

(三) 發燒的居家處理:

- (1) 多補充水份(包括開水、果汁、運動飲料、水果等)
- (2) 多給高熱量流質飲食如牛奶……等但官少量多餐。
- (3) 減少患孩衣著及被蓋,以促進體溫散熱。
- (4) 室内空氣流通,避冤陣風,室溫維持攝氏24°C。
- (5) 儘量保持安靜,讓患孩多休息。
- (6) 肛溫在38℃~38.5℃以上可給冰枕(但出生三個月内給冷水 枕)
- (7) 肛溫在38.5℃以上,除給冰枕外,可按醫囑給退燒藥。
- (8) 肛溫39℃以上除給(6)、(7) 項外再給予溫水泡澡,約20-30 分鐘。(水溫26℃-32℃)
- ※ 若有任何問題或您覺得擔心憂慮的情況,請迅速與醫院聯絡。

九、新生兒鎖骨骨折

新生兒鎖骨骨折是所有生產骨折中最常見的一種骨折,平均約 一百個新生兒即會有二至三個有鎖骨骨折。唯大部分均未被察覺。

(一)原因:新生兒鎖骨骨折常常發生在頭位分娩生產時胎兒前方鎖骨頂著母親的恥骨縫合而造成。骨折部位通常在鎖骨中間、外端三分之一交界處,是所謂旁彎性骨折(Greenstick)。

(一) 症狀:

- 臨床症狀及徵象通常很輕微,骨折嬰兒也不見得會哭的比其 他嬰兒厲害,肢體活動也可能正常。
- 2. 偶而可以感覺骨折部位有劈拍聲或摩擦音,但大部分的情形





則是因骨折部位畸形及血腫輕微而未查覺。

- 3. 假如骨折一側之上肢軟綿綿的,則應該懷疑是否骨折併有臂 神經叢或肩關節受傷。
- 4. 骨折處之新骨形成通常在產後該週達到最大而且摸得到。
- (三)復舊及癒後:鎖骨骨折一般不需要解剖復位或特殊處理,癒後相當好,骨折在七至十日會穩固接合。假若嬰兒不舒服,只需要用一簡單吊帶以支撐受傷手臂重量即足以解除嬰兒不舒服之症狀。

十、鎖骨骨折居家護理方法:

- 1. 穿衣時, 先穿患側; 脫衣時, 先脫健側。
- 2. 照顧及抱時要支持患側,尤其是抱起寶寶時,支持頸部及下背部,而不是由手臂處抱起。
- 骨折一側的手臂,可以衣服及包布固定包裹。
 (如嬰兒室之包裹方法)
- 4. 抱嬰兒姿勢, 患側朝外, 避冤與抱者前胸接觸壓迫。
- 5. 採平躺臥姿,勿側向患者。
- 6. 沐浴時,以握健側手臂為原則。
- 7. 觀察手臂活動力,如:手揮動情況,若有異常即刻來院看診,否 則滿月後追蹤。

十一、假性月經及尿酸結晶

(一) 假性月經

女嬰兒在出生一週左右,陰道會有紅色分泌物流出,稱之假性 月經。這是因母親荷爾蒙作用的影響,一般幾天内會消失,予 保持清潔,不需特別處理。

(二) 尿酸結晶

常見男嬰兒在尿布上可發現粉紅色結晶分泌物,此為尿酸結晶,予更換尿布,不需特別處理。





答、早產兒常兒疾病

一、開放性動脈導管 (Patent Ductus Arteriosus, PDA)

(一)原因:

早產兒因為動脈管壁肌肉收縮不好,而無法達成功能性閉合。

(一) 症狀:

- 1. 聽診有心雜音。
- 2. X-Ray、心電圖、超音波顯示心室肥大。
- 3. 心導管術發現肺動脈含氧濃度增加和血壓升高。

(三) 注意事項:

- 1. 注意體重的增加情況,常見發育不良現象。
- 2. 呼吸困難。
- 3. 脈博很強,可摸到震顫。
- 4. 如果發生心衰竭需立即開刀,導管位置在心臟外面,只要動脈導管綁緊即可,1~3歲開刀,一般預後都很好。

二、壞死性小腸結腸炎 (Necrotizing Enterocolitis, NEC)

(一) 病因:

- 1. 腸缺血。
- 2. 細菌生長。
- 3. 過早予腸胃餵食。

(二)症狀:

- 1. 嗜睡。
- 2. 體溫不穩。
- 3. 嘔吐(含膽汁)。
- 4. 腹脹。
- 5. 腹瀉。
- 6. 血便。
- 7. 休克。
- 8. 尿量減少。







(三)注意事項:

- 1. 隨時注意體溫、呼吸情形。
- 2. 常檢查腹部有無腹脹現象。
- 3. 有嘔吐、腹瀉、鮮血便,請馬上就醫。
- 4. 禁食,由點滴補充營養。
- 5. 注意紅臀情形。

三、視網膜症: (Retinopathy of prematurity, ROP)

(一)原因:

- 1. 視網膜之血管未發育完成,當給高氧濃度時,視網膜血管會 收縮而引起缺血變化,造成血管增生之不正常反應,稱視網 膜症。
- 2. 與維他命E缺乏,光線刺激有關。

(二)症狀:

血管增生可分為五期,I、II、III、IV、V期,期數越高代表越嚴重。

(三)注意事項:

- 1. 出生1~2個月大時接受眼底檢查。
- 2. 持續追蹤檢查是很重要的。

四、早產兒出院前,父母應學習各項照顧技能:

當小孩體重達到1900公克就能抱出保溫箱,適應外在的室溫, 等體重達到2000公克以上,一般情況穩定,醫師即准予出院,體重在 1900公克~2000公克之間給父母的衛教:

- (1) 學習如何照顧孩子的日常生活,如餵奶、換尿布、洗澡等等,依 家屬的需要來院學習,有任何不了解之處,可立即尋問醫師、護 士,直到有信心獨自照顧孩子。
- (2) 體重<1900am應學會袋鼠式護理及發展性照護。
- (3) 出院當日,了解回家後需要特別注意的事項:如黃疸、排便、體溫、膚色、活力及有關心臟病方面的觀察,必要時應至出院準備室以進一步了解照顧早產兒易發生的情況學會心理及增加照顧自信心。
- (4) 了解預防注射及餜奶情形。
- (5) 要按時返院追蹤。

15



肆、加護病居常見疾病

一、糖尿病母親所生的新生兒

(一) 原因:

因為糖尿病母親懷孕期間,高血糖透過胎盤,不斷的刺激 嬰兒胰島素分泌所致。

(一) 症狀:

- 1. 胎兒比正常懷孕週數的胎兒體重要重。
- 2. 出生時易發生低血糖、低血鈣。
- 3. 黃疸的現象會較嚴重。
- 4. 呼吸窘迫症候群機率高一呼吸急促、鼻翼煽動、肋間、肋下 凹陷、呼吸有呻吟聲、發紺、心跳加速。

(三) 注意事項:

- 1. 隨時注意呼吸情況及膚色變化。
- 注意有無中樞神經徵兆:容易受驚嚇、發抖、抽搐、嗜睡等。
- 3. 儘量提早餵食。
- 4. 若無法餵食,須打點滴以維持正常血糖。

二、新生兒子宮内感染

- (一) 原因:
 - 1. 母親感染疾病經由胎盤傳給胎兒。
 - 2. 生產時經由產道感染。

(一) 症狀:

- 1. 體溫不穩:發燒或體溫過低。
- 2. 嗜睡或躁動不安。
- 3. 呼吸喘快或呼吸暫停。
- 4. 膚色蒼白、冰涼。
- 5. 腹脹、厭食、嘔叶。

(三) 注意事項:

1. 感染初期,症狀不明顯,需注意觀察。



2. 有感染症狀時須立即送醫,早期診斷,早期治療。

三、胎便吸入症候群

(一) 原因:

- 胎兒因臍帶受到壓迫時會導致腸内血管收縮,腸蠕動增加, 括約肌放髮而解胎便。
- 2. 胎便解出後會因嬰兒的呼吸而將胎便吸入呼吸道,容易產生肺炎及其他肺部合併症。

(二) 症狀:

- 1. 出生後12-24小時會發生:呼吸喘、發紺、鼻翼煽動,呼氣有呻吟聲。
- 2. 胸部前後徑增加(即胸壁看起來比較高)
- 3. 若因胎便阻塞肺泡致使肺内壓力增加而使肺泡破裂,則形成 氣胸,須另處理。
- 4. 呼吸不穩易導致酸血症,須注意血中酸鹼度變化。

(三) 注意事項:

- 1. 預防胎兒發生窒息-注意胎心音變化。
- 若有胎便吸入情形,出生時須立即插上氣管内管,將胎便抽吸出來。
- 3. 同時必須插胃管,將胃内胎便吸出來,防止因 嘔吐 而再吸入胎便。
- 4. 密切觀察嬰兒情形,若呼吸困難,須 視情況給予氧氣幫助呼吸。





伍、兒童常見疾病

一、腹瀉

(一) 原因:

腹瀉並不等於腸炎,但臨床上仍以腸炎居多,且都是由病 毒或細菌感染所致,而呼吸道感染也可能合併腸道感染。

(一) 症狀:

- 1. 排便次數增加且含水量增多。
- 2. 排便帶有血絲或粘膜,併有發燒的現象,則表示有細菌性感染。
- 3. 排便是水瀉,則以病毒感染可能性居多。
- 4. 最後的診斷,仍要靠大便培養結果(約需三天)。

(三) 注意事項:

- 1. 補充水分,預防脫水。
- 2. 沖淡牛奶的濃度或停餵。
- 3. 欲改食止瀉奶粉,應由醫師指示。
- 4. 暫停副食品的添加。
- 5. 注意食具及食品的清潔與新鮮。
- 6. 勤洗手,注意清潔及舒適、避冤紅臀發生。

二、急性中耳炎

(一) 原因:

- 1. 因小孩的耳咽管較寬短、平直,易導致細菌侵入。
- 2. 嬰兒亦可能因嘔叶而引起中耳炎。

(一) 症狀:

- 1. 發燒39℃以上,易哭吵不安。
- 1. 耳朶疼痛,較小的小孩常會拉或揉耳朶,將頭搖來搖去表示疼痛。
- 3. 當耳膜破裂時,會有膿從外耳流出。

(三) 注意事項:

- 1. 依醫師指示,使用抗生素治療,最少要治療10~14天。
- 2. 發燒時予退燒處理。
- 3. 如有膿流出,只能在外耳將之拭乾。
- 4. 平常有感冒時,應保持鼻道暢通。
- 5. 平時避免躺著餵奶, 叶奶時應使小孩側臥, 避免仰臥。



6. 若有大量膿汁流出時,患耳周圍皮膚應用冷霜,氧化鋅或凡 士林塗擦,以防外耳及皮膚的剝蝕。

三、流行性感冒:

(一) 原因:

- 1. 為急性傳染性的病毒感染,主要侵犯呼吸道。
- 2. 病毒共有A、B、C三型,其中以A、B二型較常見,症狀也較嚴重。
- 3. 散播方式為空氣傳染,其潛伏期約36-48小時。

(二) 症狀:

- 1. 學齡兒童與青春期兒童:表現出與成人相似的典型感冒,發 作甚快。
 - (1) 會有發燒(39~40°C) 肌肉酸痛、畏寒、頭痛、臉部潮紅、身體不適、流鼻水、咳嗽、結膜炎、喉痛。
 - (2) B型感冒;則以眼及鼻部的症狀較明顯,而全身症狀較不明顯。
 - (3) 無併發症時白血球多為正常値。
- 2. 較小的孩子, 臨床變化較大。
 - (1) 通常有明顯的發燒,中度的鼻炎,有水樣鼻涕,有時會 有發燒性抽搐、腹瀉、中耳炎、皮疹等。
 - (2) 可以引起喉頭、氣管、支氣管炎,細小支氣管炎、肺炎等。

(三) 注意事項:

- 1. 臥床休息,補充適當水份。
- 2. 須戴□罩、隔離、避免傳染。
- 3. 如有續發細菌感染則適當依醫囑抗生素使用。

四、泌尿道感染

(一) 原因:

- 1.85%是由大腸桿菌引起,大多數由尿道侵入。
- 2. 先天性泌尿道構造異常。

(二) 症狀:

- 1. 發燒39℃以上,有寒顫情形。
- 2. 合併嘔吐、腹瀉。
- 小便會痛、頻尿、尿急、膀胱不舒服感,有殘尿感,甚至有血尿。



- 4. 全身倦弱、腰痛。
- 5. 小便檢查白៣球高。

(三) 注意事項:

- 1. 發燒時予退燒處理。
- 2. 依醫師指示,使用抗生素治療,最少要治療10-14天。
- 3. 先天性構造異常者,依其程度需長期使用,其目的在預防疾 病再發生。
- 4. 鼓勵多喝水分,可喝果汁酸化尿液。
- 5. 女孩應注意保持會陰部的清潔,清潔時宜由尿道口向後到肛門,以減少感染的機會。
- 應定期返院複診,因即使是少許的症狀,但治療不當,皆可能會導致嚴重或永久性的腎臟損害。

五、玫瑰疹

(一) 原因:

因病毒感染所引起,常發生在六個月至三歲之小孩。

(二) 症狀:

- 1. 突然高燒39℃以上,持續3-5天,之後體溫恢復正常。
- 退燒後,身上出現紅色皮膚 疹子。
- 3. 皮膚疹子1-2天内消失。
- 4. 疹子不會癢。
- 5. 發燒時大多無感冒症狀,有 時在第三天有中度的鼻炎及 咽炎。

(三) 注意事項:

- 1. 發燒時予退燒處理。
- 2. 多補充水份。
- 3. 保持皮膚清潔,可沐浴。
- 4. 給予易消化的食物。

六、水痘

(一) 原因:

- 1. 因疱疹病毒的感染。
- 2. 主要是由直接接觸傳染及空氣飛沫傳染。







(二) 症狀:

- 1. 潛伏期14至16天,有時達三星期。
- 2. 在發疹前24小時會有發燒、不適、食慾不振、頭痛情形。
- 3. 發疹時由紅疹→斤疹→水疱→膿疱→結痂。
- 4. 水疱首先出現在軀幹, 然後至臉、肩、最後至四肢。
- 5. 疹子持續3-4天,會很癢,抓破會留疤痕。
- 6. 有時口腔、陰道、尿道、眼眶周圍亦見發疹。
- 7. 皮膚結痂脫落後,會有粉紅色的凹陷→白色→無疤痕形成。

(三) 注意事項:

- 1. 發燒時予退燒處理, 退燒藥嚴禁使用Aspirin藥物。
- 2. 多攝取水分。
- 3.接觸者應充分洗手,保持室内空氣流涌。
- 患孩指甲應剪短,保持清潔乾燥,以減少抓傷所引起的皮膚 感染。
- 5. 癢時應以拍打方式止癢,及適當的痱子膏局部使用。
- 6. 水疱結痂前皆有傳染性,故應避冤接觸他人。

七、小兒氣喘

(一) 原因:

過敏是引起小兒氣喘主要因素,許多其他非過敏因素也會 誘發氣喘。

- 1. 主要是因過敏原進入呼吸道而引起過敏反應、氣管痙攣、黏膜腫脹、分泌物增加、呼吸有咻咻聲,常見的過敏原有家塵(93.4%)、蟎(90.2%)、舊棉絮(37.5%)、草蓆(31.2%)、黴菌(56%)·····等。
- 非過敏性誘發因素:感冒、氣候劇烈變化、激烈運動、空氣 污染、刺激味道、心理因素、冷熱變化。

(二) 症狀:

發生前多半流鼻水、打噴嚏、鼻癢、鼻塞、流淚、眼睛紅等先驅症狀,續而呼吸急促、臉色蒼白、嘴唇發紫、咳嗽有痰、呼氣困難而有喘鳴音、心跳加快,這些症狀最常在半夜或清晨發作。

(三) 注意事項:

1. 身體方面:均衡飲食、適當休息、適當運動。

2. 心理方面:如同一般孩子適當處理態度,不需過度關懷。

3. 藥物治療:可用噴霧治療式,口服液,預防控制。

21



- 4. 環境控制:室内傢俱簡單、勤洗床單並以濕抹布或吸塵器使用,避免使用地毯、布窗簾、沙發,避免飼養小動物,如貓、狗等並儘量維持適當濕度50-60%,可使用除濕機。
- 5. 了解氣喘惡化先兆-治療效果比以往差,平常治療方法,無 法維持四個小時療效,即是惡化先兆,應即時送醫。
- 家中應備有支氣管擴張劑,如有氣喘發作先驅症狀時可先用藥。

陸、大小便訓練

大便訓練時機約18~24個月之間,此時肛門括約肌已能控制,而小便訓練時機,膀胱在一歲三個月或一歲半時可貯存尿液達2小時,但不意味他可控制自如,通常在18-24個月開始意識到膀胱脹滿給予訓練最好。

訓練步驟:

- 一、在訓練過程,父母態度應和善而輕鬆、自然,切不可過於嚴格 ,以孕增加自己麻煩而帶給孩子壓力。
- 二、在孩子尚未學會表達前,當他尿濕或弄髒褲子時要清楚告訴他 「寶寶尿尿了」、「寶寶大便了」。
- 三、利用孩子善於模仿的天性,讓孩子觀察大孩子或大人如廁的情形,也可以用布偶來示範。
- 四、開始訓練時,不要給孩子包尿布,讓他穿著易於拉下的褲子, 並多備幾係。
- 五、 當孩子告訴父母要尿尿,帶他至廁所便盆旁協助或試著讓他自己處理,當孩子順利小便時,要給他鼓勵和稱讚。
- 六、 孩子偶有失敗時,不要責罵孩子,重複給孩子說明即可。
- 七、如果訓練十天半個月仍不奏效,表示孩子生理尚未成熟,可暫停一段時日重新再來。
- 八、不要對孩子的排泄物明白表示骯髒或厭惡。
- 九、 讓孩子學習在各種不同的環境中,使用各式設備來大小便。





柒、牙齒保健

一、乳牙齒生長記錄

左右

貴寶寶長出年齡(月)-正常長牙年齡(月)

				•				
24 36	12 1 18	18 1 24	8 1 12	8 1 12	門	醬	犬齒	齒

乳牙長出次序

[7][5][6][3][2][2][3][6][5][7]	↑ <u></u> 上
7 5 6 4 1 1 4 6 5 7	↓ 下

	24 1 36	12 1 18	18 1 24	8 12	8 12	門	齒	犬齒	E3	齒
)										

正常長牙年齡(月) 貴寶寶長出年齡(月)

後囪門:貴寶寶的關閉年齡:前囪門:貴寶寶的關閉年齡:

個月(正常的關閉年齡:2個月)

個月(正常的關閉年齡:18個月)

二、如何照顧孩子的牙齒?

從懷孕開始……

懷孕的第四至第六週乳牙就開始形成,孕婦應注意均衡的飲食, 有充足的營養才能有健康的乳牙!

寶寶出生時……

二十顆乳牙的牙冠大部份已形成,只是還沒有長出來而已!

寶寶六個月大時……

乳牙開始萌出,牙齒一長出來就應該經常以乾淨的紗布清潔牙齒,預防蛀牙!

/小小奶瓶件齲齒……

不要讓寶寶吸食奶瓶入睡,奶瓶餵食後應該清潔寶寶的牙齒,不 當的奶瓶餵食方法會導致瀰漫性的蛀牙!

學齡前兒童……

蛀牙發生前就應該開始口腔檢查,如此可以使小孩較容易適應牙 科治療。

教導兒童刷牙及使用牙線夾清潔牙齒。

注意兒童零食的選擇,避冤高醣類的甜食並減少零食的量與次



數。

乳牙一有蛀牙就應該馬上治療!

學齡兒童……

小孩應該已學會如何清潔自己的牙齒。

乳牙應治療保持完整,以避免影響顏面骨骼的發育與恆牙的生長。

六歲時開始換牙,換牙期更應該定期口腔檢查,以免造成不正咬合。

新長出的牙可以塗氟及用防蛀封劑來增強牙齒對蛀牙的抵抗力。

捌、副食品添加注意事頂

一、副食品添加之目的:

- (一) 供給牛奶、母奶以外之其他食物, 使滴應新食物。
- (一) 做為斷奶之準備。
- (三) 供給除母奶、牛奶以外之營養。

二、副食品添加之原則:

- (一) 新食物每次只添加一種, 適應後再加另一種。
- (二)新食物添加量由少漸增。
- (三) 新食物添加後注意皮膚與大便情形。
- (四) 副食品在餵奶之間給予,需有耐心。
- (五) 口味以清淡 (鹽盡量少) 不油膩為原則。





(生病時不宜接種,痊癒後再注射)

一、卡介苗

- 1. 接種卡介苗可以預防結核病,尤其結核性腦膜炎及粟粒性肺結核。正常反應在接種後十天至兩週注射部位呈現一小紅結節,此後續漸長大,微有痛癢,但不發燒,四至六週會變成膿包或潰爛,不必擦藥或包紮,平均二、三個月會癒合結痂,留有一個小小疤痕。
- 如有腋下淋巴結腫大情形,請到市立慢性病防治院診治,以免白 費精神及時間。

一、B型肝炎

- 1. 接種部位紅腫、微熱、硬結等局部症狀,兩天後消失。
- 2. 可照常沐浴飲食。
- 3. 多喝水、多休息。
- 4. 偶有不安、易哭鬧、胃口減少等症狀。

三、白喉、百日咳、破傷風三合一疫苗接種後的反應及注意事項

- 接種以後局部常有紅腫、疼痛的現象、兩天内可能會有輕度發 燒,全身不適的感覺,偶有食慾不振、嘔吐、輕微下痢症狀,通 常2至3天會恢復。
- 根據國外的統計,接種DPT疫苗的兒童,每330人中有一人會發燒至40℃或以上,可請醫師處理。
- 少數人在接種部位會發生膿瘍,父母必需注意觀察,如接種部位 紅腫、硬塊不退或持續發燒,則必需請醫師處理。
- 4. 另外每100人中約有一人可能出現持續性的哭鬧3小時以上,每900 人中有1人異常尖銳的哭鬧。
- 5. 有一些嚴重的反應較少見到,如11萬人中偶爾發現一個是比較嚴重的腦部神經問題,31萬人中有一個屬於永久性的腦病變。
- 6. 接種後請多喝開水、多休息,如有特殊反應時,請至轄區健康服 務中心或醫院診治處理。

未接種白喉、百日咳、破傷風三合一疫苗可能引起之後果

白 喉:患者產生偽膜而引起呼吸道阻塞,白喉桿菌分泌的毒素可以引起心肌炎或神經炎等嚴重合併症,患白喉的病人每10-30人約有1人會死亡。



百日咳:百日咳引起嚴重的陣發性咳嗽而影響病人的呼吸和進 食。患百日咳的兒童中每4人就有1人併發肺炎,每100人 中約2人併發痙攣或較嚴重的腦部問題,百分之七十五 的死亡病例是一歲以下的小孩,尤其是小於六個月的嬰 孩。

破傷風:感染破傷風的病人,死亡率高達百分之五十以上,尤其 是新生兒及五十歲以上的老年人死亡率最高。

四、小兒麻痺口服疫苗接種後的反應及注意事項

- 1. 一般並沒有什麼反應,偶爾有輕微的腸胃症狀,但不能確定是因 接種疫苗所引起。
- 2. 接種口服疫苗後,約三百萬人有一人會發生麻痺的機會。
- 3. □服疫苗使用前及後半小時不要飲水或進食。
- 4. 接種後,請多喝開水、多休息,如有特殊反應時可至轄區健康服 務中心或醫院診治處理。

未接種小兒麻痺口服疫苗可能引起之後果

小兒麻痺病毒如果入侵中樞神經系統,會引起非對稱性下肢或上肢的弛緩或癱瘓,甚至造成吞嚥或呼吸肌肉的麻痺而死亡。我國(台灣地區)在七十一年曾因為接種率太低而造成一千多個兒童發生小兒麻痺,其中98名因而死亡。

五、麻疹疫苗接種後的反應及注意事項

- 1. 接種部位可能有局部反應,如紅斑、熱或腫脹。
- 2. 接種者約有10%到15%在接種後4至10天,會輕微發燒,並可能持續2至5天。
- 3. 偶爾會出現疹子、鼻炎、輕微的咳嗽或柯氏斑點。
- 4. 約有百萬分之一的機會因接種麻疹疫苗而引起亞急性腦炎。
- 接種後,請多喝開水、多休息,如有特殊反應時,可至轄區健康 服務中心或醫院診治處理。

未接種麻疹疫苗可能引起之後果

麻疹患者嚴重者會併發中耳炎、肺炎或腦炎。而導致耳聾或智力 遲鈍,根據美國資料統計,十個病童中約有一人會併發中耳炎或肺炎,一千個病童中約有一人引起腦炎,一萬人中有二人會死亡。



六、麻疹、腮腺炎、德國麻疹三合一疫苗接種後的反應及注意事項

- 1. 局部反應較少。
- 與麻疹疫苗一樣在接種後第五至第十天,偶有疹子、咳嗽、鼻炎或 發燒。
- 3. 與德國麻疹疫苗一樣, 偶有發燒、暫時性關節炎。
- 4. 腮腺炎疫苗曾有引起輕微中樞神經反應之病例報告,但機率極少。
- 接種後,請多喝開水,多休息,如有特殊反應時,請至轄區健康服務中心或醫院診治處理。

未接種麻疹、腮腺炎、德國麻疹三合一疫苗可能引起之後果

腮腺炎:高比例病童產生腦膜炎及腦炎或聽覺受損。若在青春期受 到感染,易併發睪丸炎或卵巢炎,可能影響生育能力。

德國麻疹:若在懷孕早期受到德國麻疹病毒感染,會導致胎兒流產、 死胎或驗型。

麻 疹:麻疹患者嚴重者會併發中耳炎,肺炎或腦炎,而導致耳 聾或智力遲鈍,根據美國資料統計,十個病童中約有一 人會併發中耳炎或肺炎,一干個病童中約有一人會引起 腦炎,一萬人中有一人會死亡。

七、日本腦炎疫苗接種後的反應及注意事項

- 1. 一般無不良反應,但偶有局部反應在接種部位有發紅、腫脹、疼痛。
- 偶有全身反應,如發燒、惡寒、頭痛及倦怠感,經二至三天會消失。
- 3. 發生嚴重的反應機會很低,約百萬分之一,導致死亡約千萬分之 一。
- 4. 接種後,請多喝開水,多休息,如有特殊反應時,可至轄區健康服務中心或醫院診治處理。

未接種日本腦炎疫苗可能引起之後果

日本腦炎在台灣較容易感染9歲以下小孩,但感染年齡有提高趨勢,成人也有病例發生。得到日本腦炎者10人中約有1-3人會死亡, 2-3人造成終生運動殘障或精神病患。



八、霍亂、傷寒

- 1. 通常接種部位紅腫疼痛2天左右即消失。
- 2. 有發燒情形者需多攝取水份。
- 3. 體弱、急性疾病、發燒、老年人、孕婦勿注射。

九、水痘疫苗接種後的反應及注意事項

- 1. 副作用極少。
- 2. 發燒:約15%孩童>38.8度,但與對照組類似。
- 3. 注射部位疼痛、紅腫,約25%的人抱怨。
- 4. 類似水痘水泡約7-8%會產生。
- 5. 頭痛、疲倦、上呼吸道症狀<1%。

禁 忌:

- 1. 冤疫不全的病患。
- 2. 水痘疫苗接種後最好間隔三個月以上才可懷孕。
- 3. 疾病期間中度和嚴重疾病期間官避免注射疫苗。
- 4. 接受免疫球蛋白或輸血後五個月内不宜接種疫苗。
- 5.對Neomycin全身性過敏者。
- 6. 注射疫苗後最少2個月不可服用水 楊酸製劑如Aspirin〔阿斯 匹林〕否則可導致雷氏病 〔大腦、肝臟、腎臟方





治、嬰幼兒給予適當的環境 及文化刺激

當寶寶回家後,身、心的狀況如果穩定,就可開始給予適當的刺激,如環境刺激、文化刺激……等。

新生兒期(約從出生至三個月時):從出生後即要隨著孩子成長的情況仔細的觀察孩子的各種反應,包括視覺、聽覺、痛覺飢餓……等各種刺激的反應,一方面可以知道孩子在最適當的時候開始接受訓練及了解孩子的習性、好惡。如對別人的擁抱、講話、逗弄、音樂……等,他是喜歡、專注,還是漠不關心、不耐煩、哭鬧……等的反應,發現孩子的反應後可以做適當修正或更進一步的加強及逐漸增加,合宜的刺激及量的多寡相當重要的。在這個時期較適當的刺激如:

- 1. 抱:在孩子醒著的時候或餵奶時,可輕搖、走動以合宜及不同的姿勢抱他(她),動作宜較輕柔、緩和。
- 無摸、親吻及擁抱……等親暱的動作,輕柔的身體及肢體的拉動、 抓握、揉捏……等。
- 3. 從出生後即開始和孩子講話、逗弄,且表情最好豐富一些,他若開始有反應如笑、發出聲音、或舞動肢體……等,要給予鼓勵及回應如讚美、微笑……等。
- 4. 聽覺的刺激和訓練-讓他(她)有充份的機會聽到各種不同的聲音,如:說話、歌唱、音樂(簡單、輕柔的開始)、收音機、大自然及日常生活中的各種聲音、玩具……等。
- 5. 視覺的刺激和訓練-讓他(她)有機會接觸各種不同的視覺刺激,由簡單而少顏色的東西開始,如與父母雙眼的凝視(黑、白的刺激)不同光線明暗的變化、進而到圖片、玩具、家中的物品…等等。

嬰幼兒期(滿三個月至三歲左右):

- 1. 繼續新生兒期的各項刺激訓練。
- 3. 運動及平衡感的訓練:按照每一個孩子發育狀況的不同給予最合宜 及適時的訓練,動作如:從全身的按摩及被動運動開始,再漸漸由 頭頸部的穩定、四肢的內收與伸展、翻身、坐、爬、站、走、跑、 跳……等每一個階段都要給予多一些的時間訓練、感覺及練習。



4. 語言的訓練-包括語言及非語言的訓練,如講話、聲調、音量、音準、咬字及表情、手勢、儀態……等,語言的訓練需儘早開始,不能等到他會發音才開始,因為寶寶的聽覺從出生開始就已有相當不錯的功能發展。

5. 認知的學習及發展一按照孩子各階段認知及學習能力發展的不同,運用視、嗅、觸、聽…等不同的感官發展給予合宜的訓練,由簡入繁及平面至立體的運用各種各類的教材、教具、玩具、圖片、圖板、聲音、益智玩具…等,多給予訓練的機會,父母及主要照顧者請多給予用正向的態度及鼓勵、獎勵的方式,讓孩子自然寬心的學習,且時時注意激發其創造力的發展。

6. EQ智商及人際關係的培養-如孩子各方面情況都無特殊的禁忌時,要讓孩子多接觸不同的人事、物、地、活動,以增加他的適應能力及多學習。

三歲以上的兒童,除 居家所給予的環境、文化 刺激和訓練可延續以上所提 到的項目外,孩子亦逐漸步 入幼稚教育的階段,父母更 要加強家庭教育及學校教育 的配合,並重視社會化教育 的發展。





拾壹、玩具的選擇

一、各階段兒童玩具的選擇

- 1. 出生到6個月:選擇音律簡單而柔和、色彩鮮艷、而不刺眼的玩具,如弦歌音樂、搖鼓、搖鈴可懸掛的玩具。
- 2.6個月到1歲:此年齡的嬰兒喜愛用手拿著東西搖晃或用口咬著,所以玩具官選擇無毒性、不會破碎的橡皮製、塑膠製或木製的玩具。
- 3. 幼兒期1-3歲(追、趕、跑、跳、碰的玩具):玩具要選擇堅固能 發聲的,能發光的而且能轉動的為宜,如沙桶、鏟、木釘板和鎚、 小車積木、木馬拉著走的玩具、抱著玩的動物類玩具、洋娃娃。
- 4. 學齡前期3-6歲(動腦又動手的玩具):可選擇較有變化、能活動的玩具為宜,如積木、兒童樂園玩具、修理小玩具、火車、卡車、磁鐵,電話玩具、三輪腳踏車、臘筆、黏土。

二、選擇兒童玩具的原則

- 注意玩具的安全 不可有尖銳粗糙邊緣,不可太小易吞入,顏色不 脫落,無毒性。
- 2. 易清潔、消毒。
- 3. 堅固而耐用。
- 4. 合平經濟價值。
- 5. 配合各階段兒童身心的發展,富啓發和創造性的意義。

三、教導兒童遊戲時注意事項

- 1. 給他機會摸索、練習,不要一味單向教導,或要求他做得很好,或 照你的「好」方法去做。
- 孩子有困難求助時,幫助他,但不要太積極的事事指導,尤其應避 究過多的批評及和別人比較。
- 3. 鼓勵孩子的耐心、創造性及學習的意願是最重要的。
- 4. 不要一次給孩子一大堆新玩具,隔一段時間給一件可保持玩具的吸引力,並且讓孩子有足夠的時間去摸索、熟悉,得到玩具帶來的效果。



拾貳、嬰幼兒的運動 //

培養運動能力的嬰兒體操應注意的事項:

- 1. 所有動作需由輕、緩、少、小開始,不能操之過急,要依據小寶寶 的體能狀況而走,否則易因強度過大而造成傷害。
- 肢體的運動都需由彎曲開始,如有伸展的動作請靠小寶寶自行的反射動作來完成。

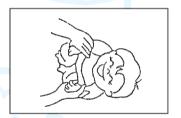
出生開始-

每天洗澡後請用大浴巾包住小寶寶的全身,用輕柔穩定的力量從 頭部至足底做緩和性的按摩,並加強對四肢的按摩或揉捏以增加 及刺激血液的循環並讓小寶寶有舒適的感覺。

二個月時-

1. 手臂的交替運動 - 支撐小寶寶的雙手,剛開始時一次運動一雙手臂,交替彎曲二至三次,須由彎曲開始操作,逐漸再雙手同時進行,伸展動作需由小寶寶的自發動作完成。附圖1▽





2. 雙腳的交互屈曲-用手掌握住小寶寶的雙足足踝予以支撐,由一次運動一隻腳交替操作開始,再逐漸雙腳同時進行,注意也要由屈曲的動作開始,如果嬰兒想要伸直雙腳,母親的手只要以隨時能鬆開的程度輕輕支撐。附圖2▽



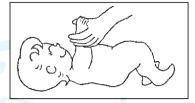






四個月時-

1. 手臂的橫向及縱向運動 - 把 嬰兒的手臂舉起或互相交 叉,由單手開始等嬰兒習慣 後再雙手同時操作。附圖5 N



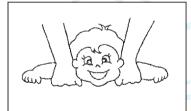
2. 仰臥拉起-讓嬰兒仰臥姿, 父母以雙手握住嬰兒的手 肘,慢慢的支撐他起來,但 要注意的是:不是拉他起來 而是要讓他有自己起來的感 覺及動作。附圖6 ▷



3. 側向抱起-站或坐在嬰兒足部的方向,雙手握住背側及腹側的身體,再輕輕的抱起,再用拇指固定嬰兒的身體,以冤前後搖動。附圖7 N



4. 支持雙肩後仰-讓嬰兒俯臥,父母雙手支持小寶雙肩臂處, 慢慢抬起胸部再輕緩放平,做此動作時小寶寶的頭需能配合 抬起,所以要特別注意小寶寶頸部發育的狀況再做此運動。 附圖8、9▽





六個月時-

手臂畫圓圈運動(直)-輕輕握持小寶寶的手腕把小寶寶的手臂平直的由體側向上至頭後慢慢的擺動,再慢慢的放下。附圖10 ▷







3. 小飛俠的動作一

讓小寶寶俯臥並張開雙 手,父母支持小寶寶朝下的 手掌,讓他後仰,但須注意 其體及頭頸的發育情況。附 圖12 ▷







拾參、意外事件

意外事故是造成兒童傷亡的主要原因之一,5歲以下的幼兒最容易發生意外,造成幼兒意外原因,常是照顧者的疏忽,尤其是居家環境中到處危機重重,為防止意外事故的發生,父母親應給予幼兒最調到的照顧。

常見幼兒意外有:一、撞傷、夾傷。一、燒燙傷。三、誤食。四、窒息。

預防:

- 一、傢俱角邊選用圓角、開關門時要緩慢、活動桌椅使用後立即收好 ,遊樂區、超市旋轉門及車庫自動機門禁止兒童玩耍。
- 二、讓幼兒遠離燙鍋、廚房、餐桌上不鋪桌巾,將手把鍋柄朝内面、洗澡時先放冷水再放熱水。
- 三、有毒化學物品應裝在有明顯標示的罐子内和藥物應放置在小孩拿不到的地方。
- 四、家中窗簾拉線平時應收起來或固定,防止兒童玩弄而發生危險,避免在幼兒哭泣時餵食以防嗆到,避免幼兒取食顆粒小不易咀嚼的果實。

處理:

- 一、撞到頭部時觀察二、三天若有嘔吐、食慾不振、意識不清引起痙 攣時立刻送腦外科。手指被夾到用冷水沖洗,指甲若剝落,可用 消毒紗布覆蓋上面。
- 一、輕度用冷水沖二十分鐘以上,到消除疼痛為止,全身燙傷則需沖、脫、泡、蓋、送。
- 三、勿任意催吐,立即送醫,送醫時應將誤食之藥物或化學劑送至醫院,供醫師參考。



拾肆、嬰幼兒心智發展

一、如何教養身心健康的孩子

(一)健康寶寶發展的里程碑(舉1~12月發展):

年齡 項目	一個月	二個月	三個月	四個月	五個月	六 個 月	
粗動作	●俯臥時 頭稍可 抬起	●俯臥時 頭抬起 45°	● 俯臥時 頭抬起 90°	協助坐 起時頭 可以固 定側躺	●拉小孩 坐地, 他力明 用力頭不 會後	完全會翻身坐著用 雙手可以支撐 30秒	
精細 動作	●會反射 性抓住 放入手 中之物	●眼睛隨 物可轉 動 90° 以上	●雙手可 以移在 胸前接 觸	●可將手 抓住的 物品送 入嘴	●兩手各 可抓緊 小物品	手會去玩弄點在玩具上會敲打玩具	
語言	●聽到聲 音會轉 頭	•發出 "咕咕 "聲	發出YX等牙牙學語聲笑出聲百	●偶而模 仿大人 的聲調	• 會因高 興而尖 叫	•開始出 現 母音 丫,一 ,×	
人際社會 關係	•注意別 人的臉	● 逗他會 微笑	•會自動對人笑	會注意 其它孩 子的存 在		•自己會 拿餅乾 吃	





年齡項目	七個月	八個月	九個月	十個月	十一個月	十二個月
粗動作	肚子觸地式抱起在大息跳	坐的很好雙膝爬行	●扶著東 西站勢 ●可後 ●可後 ●可後 ●	●扶東西 邊緣步 移站著時 會 法坐下	●獨立站 10秒 ●拉著一 手可以 走	●單獨走 幾步 •蹲著可 以站起 來
精細動作	坐手拿看將從移手一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件一件<l>一件一件一件一件一件一件<td>• 手像耙 子一樣 抓東西</td><td>●以好指 合併如物 ●以食指 觸物或 推東西</td><td>拍手雙手各拿一塊積木敲打</td><td>會把小 東西放 入杯子 或容器</td><td>• 以拇指 和食指 尖拿東 西</td></l>	• 手像耙 子一樣 抓東西	●以好指 合併如物 ●以食指 觸物或 推東西	拍手雙手各拿一塊積木敲打	會把小 東西放 入杯子 或容器	• 以拇指 和食指 尖拿東 西
語言	●正確轉向聲源	●發出子 音t,d 及W	● 會隨大 人的手 或眼神 注視某 樣東西	●模仿大 人說話 聲 ●對叫自 己反應	會揮手表示拜每次項目每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答每次回答<td>●有的爸媽以、表不 ● 以、表不 ● 以、表不</td>	●有的爸媽以、表不 ● 以、表不 ● 以、表不
人際社會 關係	會設法取較遠處的玩具	●會玩躲 貓貓	•看到陌 生人會 哭	會抓住 湯匙可以拉 下頭上 的帽子	•以手指 出要去 的地方 或東西	不流口水會和其他小孩子一起玩

(二) 如何建立良好的親子關係

- 1. 適當滿足孩子生理需要:如親自哺乳,注意冷熱,大小便清理…。
- 2. 多抱他、撫摸他、多跟孩子說明、逗他。
- 3. 陪孩子一起玩、看書、說故事、聽兒歌。
- 4. 媽媽態度溫和且有原則性,盡量保持情緒穩定。



- 5. 多稱讚孩子好的行為。
- 6. 聽聽孩子的意見及感受。
- (三) 您的寶寶好帶嗎?您知道他是屬於何種氣質(個性)的小孩?不同的氣質管教方式也不一樣:
 - 好動型

• 慢吞吞型

● 笑眯眯型

- 拗閣閣型
- 注意力不集中型
- 倔強型

● 磨娘精型

- 退縮型
- 您的寶寶屬於那一型?這一型的小孩該如何教,您想知道嗎?

(四) 從小培養起:

1.建立良好的習慣:

希望您自己的孩子有良好注意力,對學習新的東西有興趣,良好語言表達、自己吃飯、有禮貌、自動自發、有效控制大小便,……嗎?從小開始並依年齡發展的不同,在適當的時機,儘早用正確及有效方法建立各種習慣能使孩子及父母都輕鬆愉快。

2. 培養孩子的情緒穩定及適當的表達方式:

您常覺孩子脾氣怪警扭嗎?若自幼教導孩子適當表達情緒的方法,讓孩子自由自在並適當的表達,是心理健康的基本工具。

(五) 瞭解孩子的需要:

嬰兒除了吃奶、大小便及要人抱、要人疼之外,還有什麼需要呢?一歲的小孩除生理上需要及學走路,講話以外,還需要什麼?三歲呢?五歲?八歲?……?每個孩子有他自己的需要,在不同的發展階段,則有一些需要基本是相同的,了解它們後,父母更能幫助並滿足孩子,彼此關係將更親近。

二、嬰幼兒小智發展記錄表

- 1. 這是一份讓您和我們一起來了解寶寶心智發展的記錄表,首先請您 隨著寶寶的年齡成長選擇適當填答的年齡層,並逐一檢視該年齡層 各項題目,如果您的寶寶通過該題,請在該題題目前之空格中打 "×"如果不能通過,則打"×"。
- 2. 如果您不清楚寶寶的發展現況,請交由寶寶的主要照顧者填答,或 請您仔細觀察日讓寶寶嘗試後,再填答!謝謝您的合作!





適用年齡:四個月		1、眼睛可隨物體移動
		2、頭會轉向玩具發聲處
評估日期: 年 月 日		3、手放在口内,有吃手的動作
實足年齡: 月 日	☆	4、雙手明顯張開,不再一直緊握
		(手指皆張開)
填寫者與寶寶的關係		5、雙手可移到胸前,握在一起
備註欄:		6、發出一些簡單而無意義的聲音
		(例如:一、丫、ㄨ)
		7、主動和接觸他的人微笑
是否須心智科進一步評估:	☆	8、俯臥時,可用雙或手叉支撐體重
□是 □否		(頭及肩、胸可抬起)
適用年齡:九個月		1、對熟悉的語言有反應。(包括自
		已的名字,"不可以"…等)
		2、發出ケイ ケイ ロイ ロイ等音
評估日期: 年 月 日		3、開始怕陌生人。
實足年齡: 月 日		4、拍拍手。
填寫者與寶寶的關係	☆	5、用大拇指及食指(指尖以下部位)
		拿小東西
備註欄:		6、可以自己由躺著而爬坐起來
		(側躺後翻坐起來)
	☆	7、可以坐得很穩
是否須心智科進一步評估: □是 □否		8、扶著家俱站立或移動
適用年齡:十二個月		1、說出第一個真正有意義的字
		(爸爸、媽媽…等)
		2、模仿說話,但不很清楚
評估日期: 年 月 日		3、對音樂或熟悉的詞句有反應
實足年齡: 月 日		4、會翻破紙書(指厚頁的書)
填寫者與寶寶的關係		5、以大拇指及食指尖拿小東西
備註欄:		6、會以手指出要的東西或方向
	☆	7、單獨站立一會。 (2-3秒)
是否須心智科進一步評估: □是 □否		8、可以放手走

請注意:

- 1.如果寶寶無法通過的題目之前有 ^{*}☆ ^{*} ,您需要帶寶寶至心智科 門診進一步評估、檢查!
- 2.如果寶寶在該年齡層中有2題或2題以上未通過,您也需要帶寶寶 至心智科門診進一步評估、檢查!



三、心智障礙發展遲緩兒童醫療簡介

親愛的家長:

您好!擁有健康、正常的小孩相信是每位父母的心願。當您發現自己小孩似乎有比一般小朋友反應遲緩、動作發展、學習較慢等狀況,必定很煩惱憂心不已。我們願意一起分擔您的苦惱,在醫療方面儘可能給予您適當的協助。

一、您可能需要的醫療服務包含有:

(一) 下確的診斷:

確定孩子是否確實在某方面發展較慢,是那方面慢呢?(動作協調、平衡、語言發展、溝通、人際關係、獨立性?)慢了多少呢?(是輕度、中度、重度、還是極重度呢?)因此,您需要找專業兒童心理衛生中心、兒童心智科、或精神科醫師,針對寶寶的情形做詳盡的評估,給予發展測驗,智力測驗等各方面的評估,以確定小孩發展的情況。

※需家長配合者:

為了協助能作正確診斷、找出病因,請儘量詳細地告訴醫療人員所需的資料。如:孩子教養情形、日常生活功能、學習狀態及家族親屬中是否有人有自閉症、智障、精神疾病等狀況。如此醫療人員才能鉅細靡遺,儘可能做詳細、正確的診斷。

(T) 牛理、油經檢查:

有障礙的兒童比一般兒童有較多的機會出現生理或腦神經系統的疾病,特別是障礙程度較嚴重的兒童。因此,至少有一次詳細的身體、腦神經檢查是必要的。身體檢查視需要可能包括小兒科、小兒神經科、耳鼻喉科、眼科、外科、牙科、婦產科等各科。

(三) 生理檢驗方面:

為了瞭解孩子的生理、神經的情形及尋找可能病因。 較常需做的檢驗包括:

- 1. 腦神經檢查-腦波、電腦斷層攝影或核磁共振檢查。
- 重金屬濃度-鉛、汞等。
- 3. 内分泌檢查-如甲狀腺功能。
- 4. 染色體檢查。
- 5. 尿液、血液氨基酸檢查。





※ 有些疾病知道病因後,對患者的治療有幫助:

例如甲狀腺功能不足。有些雖無法治癒,卻可能對患者本身或家屬將來的傳宗接代方面有參考價值。例如:染色體異常是否會再遺傳呢?是否須在懷孕期及早做檢查……等。雖然也有近一半的智障者尚無法得知原因,但至少曾努力尋找過病因。不致耽誤可能找得到的病因,且能增加對兒童的了解。

一、確定孩子有發展遲緩或智障後,您可能需要下列服務:

(一) 一般醫療服務:

如耳鼻喉科 - 聽力檢查及處理。眼科 - 視力檢查及處理。牙科 - 蛀牙、咬合不正等。婦產科 - 月經問題、節育等及其他各科。

(一) 復健、啓智訓練:

針對孩子的障礙及應有的發展做全面性的訓練。

- (1) 肢體訓練-對發展遲緩、腦性麻痺等小朋友。 訓練項目-肌肉正常化、動作發展訓練、動作協調等。
- (2) 語言訓練-對語言發展遲緩或溝通障礙的小朋友。 訓練項目-□腔動作、構音訓練,人際溝通等。
- (3) 其他感覺刺激訓練-對觸覺、味覺、聽覺、本體感覺表現不佳的小朋友。

訓練項目-各種感覺訓練、動作技巧訓練。

(三) 小理、行為問題的處理:

障礙兒有不少比例有情緒、心理、行為上的問題,例如:愛發脾氣、攻擊性(他人及自己)、退縮、消極、注意力不佳、過動、重覆習慣、動作慢等。給予適當心理或行為治療,以增加障礙兒的適應性。而在智障兒中產生精神疾病的比例也比一般人高,須特別注意。

(四) 一般諮商:

若父母有一般管教問題或與小孩溝通問題,可經由門診或電話來詢問有關智障兒的醫療問題。幫助您及您的孩子的成長及適應是我們的心願,也是我們的責任。歡迎您多利用我們所提供的服務,並歡迎您提供意見,彼此成長。

41



嬰兒於嬰兒室出院時應注意事項

接受指導者簽名:

一、在本院已接受之預防接種:	
卡介苗	
肝炎冤疫球蛋白	
新生兒篩檢	
肝炎疫苗第一劑	
二、您的寶寶下次返院檢查時間:	
	_門診
三、目前使用奶粉廠牌	
量約 CC,兩餐間隔時間為	_小時。
四、返家後照顧時應注意事項:	
每次接觸嬰兒時應確實洗手。	
出院計畫居家護理指導	
()黃疸觀察與指導	
()臍帶護理指導	
()體溫測量	
()換奶方法	
() 其他	
	

Infant Health Manual

Table of content

I. Taking care of your newborn47
1. Quietness4
2. Warmness4
3. Clothes
4. Changing diapers5
5. Bath5
6. Umbilical cord care6
7. Avoid infection
8. Taking body temperature
9. Newborn Diet8
10.Newborn's excretion9
11. Newborn Screening
II. Commom Problem in newborn 11
1. Milk regurgitation and puking
2. Jaundice 52
3. Milia 53
4. Heat rashes
5. Diaper rash53
6. Eczema
7. Thrush
8. Fever
9. Newborn Clavicular Fracture55
10. Clavicular Fracture in Home Care56

IX. Information after taking the vaccines72
1. Bacili Calmette Guerin72
2. Hepatitis B72
3. The reaction and information on taking Diphtheria
Pertusis, Tetanus three in one vaccine72
4. The reaction and information on taking polio oral
vaccine
5. The reaction and information on taking measle
vaccines74
6. The reaction and information on taking measles,
mumps and rubella vaccine74
7. The reaction and information on taking Japanese
encephalitis75
8. Cholera and typhoid76
9. The reaction and information on taking chicken pox
vaccine
X. Give your infant and toddler proper environmental and cultural stimulation77
environmentar and cultural stimulation//
XI. Choosing toys79
1. Choosing children's toys for different stages79
2. Rules on choosing children's toys
3. Information on teaching children to play79
XII. Exercise for infant and toddler80
XIII. Accidents83

7

THE STATE OF THE S

XIV. Infant and toddler's mental and physical	
devel opment	84
1. How to raise a child that is mentally and physica	lly
healthy	84
2. Infant and toddler's mental development record	87
3. Medical service for child with mental retardation	89







I. MERAWAT BAYI YANG BARU

I. Taking Care Of Your Newborn

After the baby is born, he/she started to grow in another environment that is completely different from the mother's womb. The neonatal period starts from right after birth to one month old, which is an important period for the infant to adjust to the new environment, there may be some difficulties experienced physiologically during this time, therefore, he/she needs special care.

1. Quietness

Besides feeding time, the newborn spends most of their time sleeping; therefore, the nursery should be kept clean and quiet. However, there is no need to avoid all the sounds, because infant can adapt to proper sounds, and the sound is needed for the development of sense of hearing.

2. Warmness

New born has not yet developed ability to adjust the body temperature, the parents should pay attention to the infant's body temperature; the room temperature should be kept at 25°C~28°C, and pay close attention to the air circulation in the room, however, strong wind and intermittent wind should be avoided.

3. Clothes

Infant clothes should be material that is soft, not easy to fade with gentle touch, and flammable nylon material should be avoided. The cotton undershirt that is not stimulative and is absorbing is the best choice. The style of the clothes must be simple, too tight or too loose will keep baby from moving.

4. Changing Diapers

Change the diaper immediately when baby passed stool or urine, and wash the buttock with warm water, and then gently dry it with cotton cloth.

5. Bath

 Give baby a bath every day not only can offer cleanness and comfort, it also can check for abnormality on the body, such as red rash, bruise and wound as well as increase the bond between parent child.



- 2. The best time to bath is half and hour before feeding or one hour after feeding to avoid puking; choose a time when the temperature is higher during the day (from 10 o'clock in the morning to 2 o'clock in the afternoon), the room temperature should be warm (about 26°C~29°C) with proper water temperature; put in cold water before hot water (41°C~43°C) and use elbow to test the water temperature, you may bathe your baby when the water is hot but not burning hot, the time should be 5~10 minutes.
- 3. Keep the bathe water from coming into the ears to prevent ear infection; clean the ear with clean q-tips, do not insert q-tip into the deep part of ear.
- XDO NOT leave the baby alone in the bathtub when giving baby a bath to prevent accident.

6. Umbilical cord care

- 1. Objective:
 - (1) To prevent umbilical infection.
 - (2) To help it dry and fall off early.
 - (3) To see if there is bleeding or abnormality.

The umbilical cord usually falls off in 7~14 days after birth; before it falls off, you should do an umbilical cord care at least once a day after bath; however, if the umbilical cord is too wet or smelly, you should do more cares and keep it dry; please consult a physician when the area around the umbilical starts to turn red, bleed, grow polypus flesh after the umbilical falls off and become smelly.

- 2. Umbilical cord disinfect solution: 95% alcohol.
- 3. Disinfection:

Use small Q-tip to dry the umbilical cord after bath, and use another Q-tip with 95% of alcohol, and use thumb and forefinger on one hand to stretch the wrinkled area around the umbilical cord, and disinfect the area 1~2 times from inside and out.

*Do not put the diaper on the umbilical cord to prevent infection caused by urine, do the umbilical care again if it is wet accidentally.



7. Avoid infection:

Because the baby's resistance for infection is low, therefore, you should wash your hand before touching baby or preparing baby food, please do not let baby get close to person with contagious disease, such as patient with flu, and do not kiss baby on the mouth to avoid contagious disease.

8. Taking body temperature

- 1. Because the newborn's thermoregulatory center is not stable, therefore, it is easily affected by the environment, the regular low can be 36.1°C and high can be 37.7°C.
- Baby's temperature is taken at anus; you may take the armpit temperature or back temperature in the event of special circumstances, such as diarrhea, or polypus flesh is growing on the anal opening, occurs.
- Generally, the temperature is taking once before the bath, however, you should take the body temperature if the baby's face is red and four limbs are cold and whole body is shivering.
- 4. The method of taking the body temperature is first to inspect the integrity of the mercury end of thermometer, shake the mercury until it is under 36.5°C, and use lubricant such as Vaseline to insert it into the anus about two centimeters deep with turning motion, and use one hand to secure the surface of the anus, and take out the thermometer after one minutes, and check the temperature, the normal body temperature is 36.5°C to 37.5°C.

9. Newborn Diet

(1) Breast milk

- Feeding: Breast milk is the best natural nutrient for baby. To feed baby breast milk has many advantages regardless of the nutritional, financial, emotional factors.
- Please wash your hand before you breast feed, and feed the baby in the most comfortable position, the time of feeding should depend on the baby's need.
- 3. The milk produced in the beginning contains more proteins, lactose, vitamins, minerals, water, fat and energy.
 - Usually in the first few weeks of feeding, it is best to feed the baby over 15-20 minutes each breasts.



- 4. To judge whether your baby is getting enough milk is to see if your baby's weight increase gains at least half kilogram per month in the first three month, and passes 5-6 urinations a day with lighter color.
- 5. After each feeding, you should not have to burp your baby, however, if the puking occurs often, then pick up your baby after feeding and pat him/her on the back gently, so that he/ she may burp out the air sucked in when he/she was being fed; if he/she has not burped after 5-10 minutes, please do not force him/her to burp.
- 6. Storing the beast milk:
 - (1) Place the milk under the room temperature

Colostrums: 12-24 hours.

Mature milk: 6-10 hours.

② Place it in the refrigerator

Mature milk: 5 days maximum.

(2) Frozen milk

It may be placed in the freezer for 3 to 4 months

- (3) The milk that is defrost in the refrigerator but not yet heated may be used after it is placed under the room temperature for 4 hours. It may be used after it is placed in the refrigerator for 24 hours, however, it should not be freeze again.
- (4) The frozen milk may still be used after it is heated in the warm water and placed in the refrigerator for 4 hours, however, it should not be freeze again.

10. Newborn's excretion:

(1) Urination:

The newborn's urination is a natural reflex, because the bladder's function is weaker, therefore, he/she may urinate 6-8 times a day, and the number will reduce as he/she grows.

- (2) Bowel movement:
 - Normal baby stool: The color of the stool during breastfeeding is golden, sour, soft and beaded looking and moist.



- 2. Abnormal baby stool: the abnormal stools are stink or sour, which can be classified as: pasty (soft and moist, and it looks like paste), sticky (more watery than the pasty one, and it has mucus), watery stool (looks watery and it is absorbed by the diaper entirely).
- 3. Your baby may be constipated if it takes your baby quite an effort to pass the stool or the stool is too dry, too hard or unable to pass.
- *When you are breastfeeding, the baby would be eating and passing stool at the same time, this is caused by the movement of the intestines stimulated when sucking, and the sphincter is not mature to control the bowel movement.

11. Newborn Screening

 Newborn screening is short for "newborn genetic metabolism disorder screening".

Objective: It is to discover the children with genetic metabolism disorder early and to provide treatment early, so that the children may grow normally, and not have to regret if it result in lifetime physical and mental disorder.

- 2. It includes five screenings:
 - (1) Congenital hypothyroidism
 - (2) Phenylketonuria PKU
 - (3) Homocystinuria
 - (4) Galactosemia
 - (5) Glucose-6-phosphate dehydrogenase
- 3. It is usually performed on the newborn that has been born for 48 hours and has been fed, and the blood sample is taken from the foot heel, and the result would be in in one month; we do not notify you if the result is normal, however, we will notify you for follow up when there is a question. You may also check in on the website or call the hospital infant room for the screening result.



II. Common Problems In Newborn

1. Milk regurgitation and puking

Symptoms	Milk regurgitation	Puking	
Condition	The content inside the gullet or stomach regurgitated soon after it is being fed.	The content inside the stomach is removed out of the stomach forcefully.	
Quality and quantity	Small amount and milky.	Large amount and soy pudding like	
Cause	Sphincter under the gullet is not closed fully, and it generally reduces after 3-4 months.	There are many reasons, and it must be confirmed and diagnosed by the professionals.	

*Prevention and care:

Keep newborn from sucking air while feeding, and help newborn burp after feeding to prevent puking. Besides cleaning, you should raise the newborn's head and back higher or let the newborn sleep his/her right side.

2. Jaundice:

1. Cause:

The neonatal jaundice is a result of the underdevelopment of the newborn's liver and gall bladder, therefore, it can not remove the damaged red blood cell, and causes hemoglobin metabolism to work overload; the neonatal jaundice normally appears on the 2nd and 3rd day after birth, reaches it peak on the 4th ~5th day, and started to disappear around 7th-10th days, these symptoms are normal, which is called physiological jaundice.

2. Symptoms:

The sclera and skin turns yellow, loss of appetite, getting tired easy, drowsy, black and green stool, urine is dark and thick.

3. Attention:

(1) If jaundice is not high, drink more water, and it may be removed by passing stool and urine. Continue to observe baby's skin color, energy and appetite after discharge, you may put your baby under the sun or light, gently press baby's forehead, nose



- and cheek with your finger to see if the skin is turning yellowier, or consult the doctor as soon as possible if it stays more than ten days.
- (2) If the symptoms of jaundice show, and sclera is turning yellow, please compare baby's stool color. The parents may use "stool color identification card" to check the stool color within two months after birth to check for biliary atresia, and give early treatment.

As shown in the card below:





3. Milia

It occurs at birth, especially around the nose; the white rashes is caused by sebaceous gland blockage, and they would disappear slowly within few weeks, and do not need special care.

4. Heat rashes

The only way to present heat rash is to avoid sweating, and to achieve this objective, one must wear loose clothes with good absorption, and do not wear too much to keep a good air circulation.

5. Bokong merah

1. Cause:

Because the buttock has been stimulated many times through passing stool and urine, and being wrapped in the diaper, therefore, infant with sensitive skin gets diaper rash.

2. Symptoms:

Some have rash, redness or blister and even infection appear in anus and perineum area, and some skin becomes rough, red and start peeling.

3. Attention:

- (1) Change diapers more often, clean the local skin after passing stool and urine to keep it dry.
- (2) Avoid using laundry detergent or bleach to wash diapers, they should be washed with soap and should be air-dried and disinfected.
- (3) So as to keep the infected area dry, you should avoid putting baby power over infected area, it would increase the stimulation on the infected area; you may expose infected area under dry heat condition.
- (4) Please see your physician when the symptom persists.

6. Eczema

Sudamina and hidradenitis often occurs if the infant wears too much clothing, cover, or when the climate is too humid, these eczemas spread through out head, neck, buttock and hair line, and there are red rashes vary in sizes or rashes that are clear, and sometimes even have infection. Therefore, keeping it dry and wearing comfortable, absorbent and air permeable clothes is very important. Please consult your physician if infection occurs.



7. Thrush

It is a fungal infection inside the mouth. It looks like milk chunk, but is hard to remove, and it will affect the amount of milk the newborn drink. The preventative method is to make sure the mouth is clean.

8. Fever

(1) Normal body temperature:

Oral temperature: $36.4^{\circ}\text{C} \sim 37.2^{\circ}\text{C}$ (2~3 minutes) Anal temperature: $37^{\circ}\text{C} \sim 37.5^{\circ}\text{C}$ (1~3 minutes) Armpit temperature: $36.5^{\circ}\text{C} \sim 37^{\circ}\text{C}$ (5~10 minutes)

(2) The possible cause for infant fever:

- ①External factor: The infant's body temperature is affected by the external environment, such as wearing too much clothing in a hot day, not drinking enough water, poor circulation in the room.
- ②Internal factors: Sick, flu, tracheitis, laryngitis or other disease.
- ③Others: Vaccines such as measles, cholera, diphtheria, whooping cough and tetanus.
- (3) In home care for fevers:
 - ①More liquid (includes water, juice, sports drink and fruit).
 - ②More high calories liquid diet, such as milk, but it is best to have less of amount and more meals.
 - 3 Avoid over dress and cover to release the body heat.
 - Keep good air circulation in the room, avoid catching a cold, the room temperature should be kept at 24°C
 - Skeep good air circulation in the room, avoid catching a cold, the room temperature should be kept rest.

 - The sign of the anal temperature is over 38.5°Ckeatas, disamping bantal es, boleh°C, besides giving ice pack, you may give the infant fever reduce according to the doctor's prescription.
 - ®If the anal temperature is over 39°C°C, besides the suggestions mentioned in 6 and 7, you may give your infant a warm bath for about 20-30 minutes. (With water temperature 26°C ~ 32°C)
 - ※ Please contact the hospital immediately if you have any questions or concerns.



9. Newborn Clavicular Fracture

Newborn clavicular fracture is the most common fracture in all the birth fractures; average 2-3 out of 100 newborns have clavicular fracture, most of them were not discovered.

- (1) Cause: The newborn clavicular fracture is often caused by the baby's collar bone at the front pushed against mother's symphysis pubis when in labor. The fracture point is usually in between the collar bones and one third of outer end, which is so called Greenstick.
- (2) Symptoms:
 - 1. The clinical symptoms and signs are usually shown very slightly, the baby with bone fracture does not cry louder than other babies, and the body movement may also be normal.
 - 2.Once a while, you may feel the snapping sound or movement sound at the bone fracture area, however, most of time, it is because the bone fracture area is deformed or slight hemotoma, so the condition is not found.
 - 3.If the upper limb of the fracture point is soft, you should check for injuries to brachial plexus or shoulder joint.
 - 4. The formation of the new bone at the bone fracture point reaches the maximum and is touchable.
- (3) Recovery and healing: Normally clavicular fracture does not need anatomical reduction or special care, and the condition after healing is usually good, the bone fracture will be connected securely from 7 to 10 days. If the infant is uncomfortable, just use a simple suspender to support the weight of the injured arm to relieve the infant's discomfort.

10. Clavicular Fracture In Home Care:

- 1. You should start with the injured side when putting on clothing, and start with the health side when taking off clothing.
- You should support the injured side when taking care and holding your infant, specially holding your baby's neck and lower back when picking him/her instead of holding the arms.
- 3. The arm with bone fracture may be secured by clothes and cover. (Wrapping method in the nursery.)
- 4. Facing the injured side outward when holding your baby, and avoid touching and pressing it with the holder's chest.
- 5.Lie down flat, do not lie the patient down on the side.



- 6.In principle, holding on to the health arm when bathing.
- 7. Observe the arm's movement, such as waving, come to the hospital immediately if there is abnormality, otherwise do the follow-up when the baby is one month.

11. Pseudo menstrual cycle and uric acid crystals

- (1) Pseudo menstrual cycle
 - One week after girl infant is born, when there is some red secretion coming out of vagina, that is called pseudo menstrual cycle. This is a result of the effect of the mother's hormone, which should disappear within few days; however, it should be kept clean and it does not need special care.
- (2) Uric acid crystals
 - Some pink crystallized secretion is commonly seen on the boy infant's diaper, which is called uric acid crystals. Just change the diaper; it does not require special care.

III. Common Illness In Premature Baby

1. Patent Ductus Arteriosus, PDA

(1) Cause:

Because of the poor contraction of the artery muscle, the artery of the premature baby is unable to be closed functionally.

- (2) Symptoms:
 - 1. Heart murmur heard when ausculating.
 - 2.X-Ray, ECG and ultrasound tests show ventricular hypertrophy.
 - 3. Cardiac catheterization discovers the pulmonary artery's oxygen concentration increases as well as the blood pressure.



(3) Attention:

- 1. Watch for the weight increase and common maldevelopment.
- 2. Difficulty breathing.
- 3. Strong pulse sensible.
- 4. Surgery is needed if the heart failure occurs. If the catheter location is on the outside of the heart, just tie the arterial catheter. Normally the healing condition is good when the surgery is performed during 1-3 years of age.

2. Necrotizing Enterocolitis, NEC

- (1) Cause:
 - 1. Vasuclar insufficiency of intestine.
 - 2.Growth of bacteria.
 - 3. Table food feeding too early.
- (2) Symptoms:
 - 1.Sleepiness.
 - 2.Unstable body temperature.
 - 3. Vomiting (includes bile).
 - 4. Abdominal distension.
 - 5. Diarrhea.
 - 6. Bloody stool.
 - 7. Shock.
 - 8. Amount of urine decrease.
- (3) Attention:
 - 1. Watch for body temperature and breathing.
 - 2. Check for abdominal distension often.
 - 3. Please see a doctor immediately when the vomiting, diarrhea, bloody stool occurs.
 - 4. Fast and use IV for nutrient supplement.
 - 5. Watch for rash



3. Retinopathy of prematurity, ROP

(1) Cause:

- The blood vessel of retina has not yet developed completely, when the oxygen concentration is high, the retinal blood vessel would contract and cause blood insufficiency, and further cause abnormal reaction of neovascularization, which is called retinopathy.
- 2. It is related to Vitamin E insufficiency and light stimulation.

(2) Symptom:

Neovascularization has five phases, which are phaseI, II, III, IV, V; the higher the phase more serious it is.

(3) Attention:

- 1. Take an eye exam when the baby is 1-2 months old.
- 2. It is very important for continue follow-ups.

4. Before the pre-mature baby is discharged from the hospital, the parents should learn all skills to care for the baby

You may take the baby out of incubator when the baby weighs 1900 g, and when the baby weighs over 2000 g, and the health is in good condition, the doctor may sign the discharge; the health education for parents when baby's weight is between 1900-2000g:

- (1) Learn how to care for your baby in daily life, such as feeding, diaper changing and bathing; the training is conducted according to parents need; ask the doctor, nurse if there is anything you do not understanding until you are confident enough to care for your baby independently.
- (2) You should have learned kangaroo care and developmental care when the weight is over 1900 gm.
- (3) On the day of discharge, be familiar with the things that need special care: such as jaundice, bowel movement, body temperature, skin color, energy and observation on cardiovascular disease. Go to discharge preparation office to learn more about caring for your premature baby when necessary to prepare psychologically and increase the confidence.
- (4) Be familiar with the vaccine and feeding.
- (5) Return for follow-ups regularly.



IV. Common Illness in the ICU

1. Newborn born of diabetic mother

(1) Cause:

As a result of the high blood sugar seeps through placenta and stimulates the baby's insulin secretion during the pregnancy of the diabetic mother.

(2) Symptoms:

- 1. The baby's weight is heavier than the fetus born of normal number of weeks of pregnancy.
- Hypoglycemia and hypocalemia occur easily when the baby is born.
- 3. More serious jaundice condition.
- 4. Higher possibility of respiratory distress syndrome-tachypnea, nasal flaring, sunken between ribs and beneath the ribs, grunting, cyanosis and rapid heart beat.

(3) Attention:

- 1. Watch for breathing and skin color.
- Watch for central nerve symptoms: frightened easy, shivering, shaking and sleepiness.
- 3. Try to feed the baby early.
- 4. Use IV to maintain normal blood sugar if feeding is impossible.

2. Newborn Infected In The Womb

(1) Cause:

- Penyakit yang diderita ibu menular melalui plasenta kepada
 The fetus is infected through placenta from mother's contagious disease.
- 2. The fetus is infected through birth canal during delivery.

(2) Symptoms:

- 1. Unstable body temperature: Body temperature is too high or too low.
- 2. Sleepiness or restless.
- 3. Short of breathe or stop breathing temporarily.
- 4. Pale and cold skin.
- 5. Abdominal distension, poor appetite and vomiting



(3) Attention:

- 1. The symptom is not obvious at the beginning of the infection, so special observation is needed.
- 2. Please see the doctor immediately when the signs of infection start to appear; diagnose early and treat them early

3. Meconium Aspiration Syndrome

(1) Cause:

- 1. When the fetus's umbilical cord is pressed, it would cause the blood vessel contraction in the intestines, and increase intestine movement, and the meconium is released when the sphincter is relaxed.
- 2. After meconium is passed, it would be sucked in the respiratory system as a result of baby's breathing activity, which can easily cause pneumonia and other pulmonary complications.

(2) Symptoms:

- 1. Signs appear during the first 12-24 hours after birth: short of breathe, cyanosis, nasal flaring and grunting.
- 2. Increase in the front and back diameter on the chest (which makes the wall the chest look higher)
- 3. It should be cared separately if the alveolus is blocked by meconium, and caused pulmonary pressure to increase and break the alveolus, which creates pneumothorax.
- 4. Unsteady breathing activity can cause academia, and you should watch for the PH change in the blood.

(3) Attention:

- To prevent fetus from suffocate pay attention to the change of fetal heart sound.
- 2. If there are signs of meconium aspiration syndrome, insert endotracheal intubation immediately right after birth to suck the meconium out.
- 3. Insert stomach tube at the same time to suck the meconium from the stomach to prevent sucking the meconium back in after vomiting.
- Watch your baby's condition closely, if there is breathing difficulty, give some oxygen to help breathing according to the situation



PENYAKIT YANG SERING

V. Common Illness In Children

1. Diarrhea

(1) Cause:

Diarrhea is not necessarily enteritis, however, it is enteritis most of time, and it is caused by virus or bacteria infection, and respiratory infection may also combine intestinal infection.

(2) Symptoms:

- Number of bowel movement increases and contains water as well.
- 2. The stool contains blood or mucus with combination of fever, which means it is bacteria infection.
- 3. If it is diarrhea, it is most like to be virus infection.
- The final diagnosis still relies on the stool culture (About three days).

(3) Attention:

- 1. More water to prevent dehydration.
- 2. Delute the concentration of milk or stop feeding milk.
- 3. Follow your physician's instruction if you want to switch to lactose free milk.
- 4. Temporily stop adding side dish.
- 5. Watch for the cleanness and freshness of the food ware and food.
- Wash your hands often, and watch for cleanness and comfort, and avoid rash.

2. Acute Otitis Media

(1) Cause:

- 1. Because the children's Eustachian tube is wider and shorter, flat and straight, which makes it easy for bacteria to invade.
- 2. Otitis media may be caused by vomiting

(2) Symptom:

- 1. The fever is over 39°C, and the child would not stop crying.
- 2. Pain in the ears, smaller children usually pull or rub the ears, and shake head to show the pain.



3. Pus comes out of outer ear when the eardrum breaks.

(3) Attention:

- 1.Use antibiotic according to the physician's instruction, the treatment should last at least 10~14 days.
- 2. Use fever reducer when fever occurs.
- 3. If pus is coming out, wipe it off the outer ear.
- 4. Keep the meatus open when having flu.
- Avoid lying down when breastfeeding; lie the baby on his/her side when puking occurs and avoid lying him/her down on the back.
- 6. If there is large amount of pus coming out of ear, you should apply cold cream, zincoxide or Vaseline over the outer side of the ear to keep the outer ear and skin from disintegrating.

3. Influenza

(1) Cause:

- It is caused by virus infection with acute contagion, and it mainly invades respiratory system.
- The virus has A, B and C types, among them, A and B are commonly seen, and they have syndromes that are more serious.
- 3. It spreads through air born, and its incubation period is about 36-48 hours.

(2) Symptoms:

- School age children and adolescence children: they show typical signs of flu that is similar to the adults, and it attacks fast
 - (1) The signs are fever (39 ~ 40°C), muscle ache, chill, headache, red face, body discomfort, runny nose, cough, conjunctivitis and sore throat.
 - (2) Flu B: It shows obvious symptoms around the eyes and nose, and not so obvious on the entire body.
 - (3) The white blood cells are mostly normal values when no complications.
- 2. The smaller the children, the bigger the clinical changes:
 - (1) It usually shows obvious fever, moderate rhinitis, watery mucus, and sometime even shows feverish shivering, diarrhea, otitis media and skin rash.
 - (2)It may cause sore throat, tracheitis and bronchitis, bronchiolitis and pneumonia.



(3) Attention:

- 1. Bed rest with proper amount of water.
- 2. The patient must wear mask, and be isolated to avoid the contagion.
- 3. Use antibiotic according to the prescription if the bacteria infection strikes again.

4. Urinary Tract Infection

(1) Cause:

- 1. 85% is caused by E. coli and most of them are invaded through urinary tract.
- 2. Congenital abnormal urinary tract.

(2) Symptoms:

- 1. The signs are fever over 39°C and chill.
- 2. With combination of vomiting and diarrhea.
- Experiencing pain when urinating, frequent urination, urgent urination, bladder discomfort, residual urine and even bloody urine.
- 4. Fatigue and sore back.
- 5. High value of white blood cell as the result of urinary analysis.

(3) Attention:

- 1. Use fever reducer when fever occurs.
- 2. Use antibiotic according to the physician's instruction, the treatment should last at least 10~14 days.
- One with congenital abnormality should use for a long period of time depending on the degree; the purpose is to prevent reoccurrence.
- More water is encouraged; you may drink juice to acidify the urine.
- 5. Girls should watch for the cleanness of the private area; starting from the urinary duct to the anus when cleaning to avoid the possibility of infection.
- 6. You should return to the hospital for follow-ups regularly, because even if the sign is mild, with improper treatment, it may cause serious or permanent kidney damage



5. Roseola

(1) Cause:

It is caused by virus infection, and it often happens to children six months to three years old.

(2) Symptoms:

- 1. Sudden high fever that is over 39°C, and the body temperature goes back to normal after 3~5 days.
- 2. Red skin rash starts to appear after the fever is gone.
- 3. The rash disappears within $1\sim2$ days.
- 4. The rash is not itchy.
- 5. Most of time, there is no flu symptom when having a fever, however, moderate rhinitis and pharyngitis may appear on the third day sometimes.

(3) Attention:

- 1. Use fever reducer when fever occurs.
- 2. More water.
- 3. Keep the skin clean, and you may bath.
- 4. Give food that is easy to digest.

6. Chicken pox

- (1) Cause:
 - 1. Varicella-Zoster Virus infection.
 - 2. It is mainly spread through direct contact and air born.

(2) Symptoms:

- The incubation period is 14~16 days, sometimes even three weeks.
- 2. 24 hours before the rash it has fever, discomfort, loss of appetite and headache.
- 3. The rash starts from rash→papules→blister→pustule→scab.
- 4. The blisters first appear on the body, then to face, shoulder and to four limbs.
- 5. The rash lasts 3~4 days, and it itches a lot; it would leave a scar if you scratch it raw.
- 6. Sometimes rash appears around the mouth, vagina, urinary duct and eyes.

65



7. After the scab falls off, there would be a pink hole—white—no scab.

(3) Attention:

- 1. Use fever reducer when fever occurs, and fever reducer should not be Aspirin.
- 2. Drink more water.
- One that comes in contact should wash hand often, and keep a good air circulation in the room.
- 4. The child patient's finger nails should be cut short and be kept clean and dry to reduce the skin infection caused by scratching.
- 5. Use patting method to stop itching when it itches, and proper rash ointment may be applied on the local area.
- 6. The blisters are contagious before they turn into scabs, therefore, they should not be in contact with others.

7. Pediatric asthma

(1) Cause:

Allergy is the main factor for pediatric asthma, and many other non-allergic factors can cause asthma as well.

- 1. The allergic reaction, bronchospasm, mucous membrane swelling, secretion increase, shoo shoo sound when breathing are mainly caused by the allergen enter into the respiratory system. The common allergens are household dust (93.4%), mites (90.2), old cotton (37.5%), straw mate (31.2%) and fungus (56%).
- 2. Non-allergic factors: flu, dramatic whether change, vigorous exercise, air pollution, strong smell, psychological factor and temperature change.

(2) Symptoms:

The signs are runny nose, sneezing, itchy nose, stuffy nose, tearing, red eyes, and followed by rapid breath, pale facial color, purple lips, phlegm in the cough, difficulty breathing and wheezing, rapid heartbeat, and these symptoms often appear in the middle of the night or in the early morning.

(3) Attention:

- 1. Physically: Balanced diet, proper rest and proper exercise.
- 2. Psychologically: Treat it normally, do not over concern.



- 3. Medication control: Use spray treatment, oral syrup to prevent and control.
- 4. Environmental control: The furniture in the house should be simple, change the bed sheets more often, and use damp rag or vacuum to clean, and avoid using carpet, cloth curtain, sofa and avoid raising little animals, such as cat and dog, and maintain the proper humidity at 50-60%; dehumidifier is appropriate.
- 5. Understand the worsening sign of asthma- the effect of the treatment is worse than before; the normal treatment is not able to last for four hours, so even if it is the first sign of worsening, you should see the doctor immediately.
- 6. You should prepare inhaler in the house, use the inhaler if there is sign of asthma attach.



VI. MELATIH CARA BUANG AII VI. Potty Training

The best time for bowel movement training is about 18~24 months, at this time, the anal sphincter is controllable. As for the time for urine training, the bladder can store urine for about 2 hours when your baby is one year and three months old or one and half years old, but that does not mean that he/she can control the function. Therefore, it is best to train at the time of 18 to 24 months of age when he/she starts to feel the fullness of the bladder.

Training procedure:

- 1. During the training process, the parents' attitude should be friendly, relaxed, and be natural and not to be too strict to avoid causing yourself trouble and too much pressure for your child.
- 2. Before the child learns to express himself/herself, tell he/her clearly "baby went pee pee" or "baby went poo poo" when he/ she peed or soiled his/her pants.
- 3. Use the imitating nature of the children, and let them see how big kids or adults go to the bathroom, or use doll to demonstrate.
- 4. Do not use diaper when you start training the children, let him/ her wear pants that can be pulled down easily, and prepare extra pairs.
- 5. When the child tells the parents that he/she wants to go pee, take him/her to the bathroom and help or try to let him/her handle the situation. When they have gone to the bathroom successfully, give them encouragement or praises.
- 6. When the child has accident, just repeat the instruction to him/her instead of scolding him/her.
- 7. If the training lasted ten days to half a month, and it still did not work, that means the child's physiological state is not yet mature enough. Therefore, stop for a while before you start again.
- 8. Do not show disgust about your child's waste.
- 9. Let the child learn to use different equipments for potty train in different environments.



VII. MENJ VII. Oral Health

1. Temporary teeth growth record

L R Your Baby's Growth (Month) Normal Growth (Month) 24 12 18 Front Teeth Canine The Molars 18 24 12 12 ↑ U 5 6 6 Milk teeth's growing order ↓ D 12 18 24 Front Teeth | Canine The Molars Normal Growth (Month) 36 18 24 12 12 Your baby's growth (Month)

Posterior fontanelles: Closed age for your baby: Months(Normal time: 2 months)

Fontanelles: Closed age for your baby: Months(Normal time: 18 months)

2. How to care for your child's teeth?

Starting from the beginning of the pregnancy

The milk teeth are formed from the four to the sixth weeks of the pregnancy, pregnant women should watch for balanced diet, only sufficient nutrition can make health milk teeth!

From the time your baby is born

The crowns for the twenty milk teeth are formed, they are just not come out yet!

From the time your baby is six months old

The milk teeth start to come out, once the teeth are out, you should clean the teeth with clean gauze to prevent cavity!

Watch for baby bottle tooth decay

Do not let your baby fall asleep while drinking the bottle, and you should clean your baby's teeth after feeding the bottle; improper bottle-feeding can cause cavity in disseminated form!

69



Preschoolers

Oral exam should start before the cavity forms; it can help children adjust to the dental treatment easier. Teach your child to brush teeth and to use floss to clean the teeth.

Watch for the choice of snack for your child, avoid sweets as well as reduce the amount and number of times for the snack.

Go for immediate treatment once the cavity is found!

School age children

Your child should have learned to care for his/her own teeth.

The milk teeth should be treated to avoid the impact on the development of the facial bones and the growth of the permanent teeth.

The children start changing teeth when they turn six; you should regular dental check up during the time they switch teeth to avoid incorrect bite.

You may use fluorine and cavity protection sealers on the new teeth to increase the teeth's strength to prevent cavity.





VIII. Information on adding table food

1. The purpose of adding table food:

- (1) To adjust to new food other than breast milk.
- (2) Preparation for weaning.
- (3) Nutrients other than what breast milk can offer.

2. Rules of adding table food:

- (1) Only add one new food at a time, let your baby adjust to one kind of new food before trying another kind.
- (2) Start the amount the new food from small amount before gradually increase it.
- (3) Watch for the condition of the skin and stool before adding the table food.
- (4) Table food should be given between regular feedings; be patient.
- (5) The flavor should be light and not greasy (use less salt).





IX. Information after taking the vaccine

(The vaccine should not be taken when your baby is sick; do it after your baby is recovered.)

1. Bacili Calmette-Guerin

- 1. Taking BCG can prevent Tuberculosis, especially tuberculous meningitis and Miliary TB. The normal reaction is that a small red knot will appear on the injected area from 10 days to 2 weeks after the shot, and it will continue to grow, and will be itchy slightly, however, it is not accompanied by fever. It turns into pustule or abscess, and it does not need medication or bandages. It takes about two to three months in average to heal, and it would leave a small scar.
- 2. If the lymph node under the armpit has swelling sign, please go to Taipei Municipal Chronic Disease Control Center for treatment.

2. Hepatitis B

- The signs are redness, hot and hard around the injected area, and they should disappear after two days.
- 2. Bathe and eat like normal.
- 3. Drink more water and rest.
- 4. Sometimes there are signs like uneasiness, restless and loss of appetites.

3. The reaction and information on the Diphtheria, Pertusis and Tetanus-three in one vaccine

- Often there are signs of redness and pain after taking the vaccine, and there may be signs of slight fever and discomfort within two days, and sometimes signs of loss of appetites, vomiting and slight diarrhea, and it usually takes two to three days to recuperate.
- 2. According to the foreign statistic, one out of every 330 children who receive DPT has fever over 40°C; it may be treated by the doctors.
- 3. Few people have signs of pustule on where the vaccine was taken, so that parents must be watchful; Please contact your physician if the redness, hard or fever stays for a period of time.
- 4. In addition, about one out of 100 people may have sign of continuous



fussiness for over 3 hours, and one out of 900 people may be screaming.

- 5. There are some serious reactions that are rarely seen, such as one out of 110 thousand people has serious cerebral nerve issues, and one out of 310 thousand people may have permanent encephalopathy.
- Pleaase drink more water, and rest after taking the vaccine, in case of special reaction, please go to local department of health or hospital for treatment.

The possible consequences for not taking Diphtheria, Pertusis and Tetanus-three in one vaccine

Diphtheria: The patient may have respiratory obstruction caused by pseudomembranous, and the toxin secreted by Corynebacterium diphtheriae may cause serious complication such as myocarditis or neuritis, and about one out of every 10-30 people suffers death.

Pertusis: Pertusis can cause serious whooping cough that affects the patient's breathing activity and appetite. One out of every four children who suffer pertusis has complication of pneumonia, and two out every one hundred people have complication of spasm or more serious cerebral problem; 75% of deaths suffered by children under one, especially infant under six months of age.

Tetanus: The death rate for patient who suffers tetanus is as high as 50% and up, especially the newborn and elderly over fifty years of age.

4. The reaction and information on taking polio oral vaccine

- Generally speaking, there is not much of reaction, occasionally, there
 are slight stomach problems, but we are not sure if they are caused by
 the vaccine.
- 2. After taking the oral vaccines, the chance of getting polio is one out of three million people.
- 3. Please do not drink water or eat thirty minutes before and after taking the oral vaccine.



 After taking the vaccine, please drink more water, and rest; go to the local department of health or hospital for treatment if there is special reaction.

The possible consequences for not taking polio oral vaccine

If the polio virus invades the central nerve system, it would cause asymmetric relax or paralysis on the upper limbs or lower limbs, and sometime even cause paralysis of the swallowing or breathing muscle and die. In 1982, the immunization rate was too low in our country (Taiwan area) and caused more than one thousand children contacted polio, and 98 of them died.

5. The reaction and information on taking measles vaccine

- 1. The area where the vaccine is injected may have local reactions, such as red rash, hotness or swelling.
- 2. 10% to 15% of people who has taken the vaccine may have slight fever 4~10 days after the vaccine is taken, and it may last 2~5 days.
- 3. Occasionally, there are rash, rhinitis, slight cough or Koplik spot.
- The chance of getting acute encephalitis because of the vaccine is one out of million.
- Please drink more water and rest after taking the vaccine; go to the local health department or hospital for treatment if there is special reaction.

The possible consequences of not taking measles vaccine

The serious measles patients have complication of otitis media, pneumonia or encephalitis, and further cause deafening or mentally retarded. According to the information from United States, one out of ten sick children may have complication of otitis media or pneumonia, and one out of one thousands sick children may have encephalitis, and two out of ten thousands people suffer death.

6. The reaction and information on taking -measles, mumps and rubella-three in one vaccine

- 1. The reaction is rare in the local area.
- 2. The signs are the same as the measles vaccine, on the fifth day to the tenth day after taking the vaccine, there are occasionally signs of rash, cough, rhinitis or fever.
- 3. The signs are the same as rubella, there are occasionally signs of fever, and temporarily arthritis.



- 4. Mumps vaccine has cases where slight central nerve reaction occurs, but the chances are rare.
- Please drink more water and rest after taking the vaccine; go to the local health department or hospital for treatment if there is special reaction.

The possible consequences of not taking measles, mumps and rubella-three in one vaccine

- **Mumps:** A high percentage of sick children have meningitis or hearing damage. There may be complication of orchitis and ovaritis if they are infected in adolescence, which may affect the fertility.
- Rubella: Miscarriage, fetal death or malformation may occur if the pregnant woman is infected by the rubella virus in the early period of pregnancy.
- Measles: The serious measles patients have complication of otitis media, pneumonia or encephalitis, and further cause deafening or mentally retarded. According to the information from United States, one out of ten sick children may have complication of otitis media or pneumonia, and one out of one thousands sick children may have encephalitis, and two out of ten thousands people suffer death.

7. The reaction and attention on taking Japanese Encephalitis vaccine

- Generally there is bad reaction, however, there may be signs of redness, swelling and pain over the area where the vaccine is taken occasionally.
- There are occasionally signs like fever, chill, headache and fatigue for two to three days.
- The chances of getting serious reaction is slim, which is about one out of million, and the chances of death is about one out ten million.
- Please drink more water and rest after taking the vaccine; go to the local health department or hospital for treatment if there is special reaction.

The possible consequences of not taking Japanese Encephalitis vaccine

75



Children under 9 years of age are easier to be infected by Japanese Encephalitis here in Taiwan, however, this age is increasing, and there are cases where adults are infected. 1-3 people of ten people who are infected by Japanese encephalitis may suffer death, and 2-3 of ten people who are infected may become disabled or psychiatric patient.

8. Cholera, typhoid:

- 1. There are usually signs of redness and pain around the area the vaccine is taken for about 2 days.
- 2. People who have fever should drink more water.
- 3. People with weak body, acute disease and fever, elderly and pregnant woman should not take the vaccine.

9. The reaction and attention on taking chicken pox vaccine

- 1. The side effect rarely occurs.
- 2. Fever: About 15% of children > 38.8oC, however, it is similar to the control group.
- 3. About 25% of people would complaint about the pain and redness where the vaccine is taken.
- 4. About 7-8% would blister like chicken pox.
- Headache, fatigue and upper respiratory system<1%.

Prohibited:

- 1. Patient with immune deficiency.
- 2. Women should have three months in between to become pregnant after taking the pox vaccine.
- 3. Patients with moderate and severe illness should avoid taking the vaccine.
- 4. Patient who received intravenous immunoglobulin or blood transfusion within five months should not take vaccine.
- 5. People who are allergic to Neomycin.
- 6. You should not take salicylate, such as Aspirin for at least 2 months after taking the vaccine, or 富氏病 (brain, liver and kidney problems) may occur.



X. Give your baby proper environmental and cultural stimulation

After your baby returns home, you may give him/her proper stimulation if his/her physical and mental condition is stable, such as environmental stimulation and cultural stimulation.

Neonatal period (from birth to three months): Carefully observe your child's growth after birth, which includes vision, hearing, feeling hungry; on one hand, you may know when the child is ready for training, and you may know your child's temperament, like and dislike. For instances, does he/she like, pay attention or is he/she careless, being impatient and fuzzy when other people are holding him/her, talking, playing with him/her, and when the music is playing. Make a proper correction or strengthen and gradually increase appropriate stimulation is very important. The proper stimulations in this period are:

- Holding: When your child is awake or being fed, you may gently rock him/her, walk and hold him/her with different positions, the movements should be gentle and soothing.
- 2. Movement such as touching, kissing and hugging, gently body language and gently pulling, holding and rubbing the limbs.
- 3. Start talking and playing with your child after birth with rich facial expression, if he/she started to laugh, make sounds or move the hands and legs, you should give him/her encouragement and response such as praising and smiling.
- 4. Hearting stimulation and training-let him/her have plenty of opportunity to hear all kinds of sounds, such as: talking, singing, music playing (simple, soft in the beginning), radio, mother nature and all kinds of sound in daily life and toys.
- 5. Visual stimulation and training-let him/her have opportunity to come in contact with all different visual stimulation, begin from things that are simple and have less colors, such as looking into each other's stare with parents (stimulation of black and white), change in darkness and light, to picture, toys and things in the house.

Infant-toddler period(From three months to three years old):

- 1. Continue all stimulations training.
- 2. Begin training the hands; start from rough and bigger movement, give your child opportunity for training according to the

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milestones of your baby's development, provide training location and plenty of time, as long as he/she can do, let him/her do it. The movements can be: knocking, hitting, touching, feeling, pinching, rubbing, pushing, pulling, drawing, turning on and off, twisting, especially the coordination of the limbs and coordination of eyes and hands and games.

- 3. Training on exercise and sense of balance: Give best training according to each child's development. The movements can be: starting from the general massage and passive movement exercise, gradually to the steady of the head and neck, movements of four limbs, flipping, sitting, crawling, standing, walking, running and jumping. Give each stage more time to train, feel and practice.
- 4. Language training-Including language and non-language training, such as talking, tones, volumes, pitch, pronunciation and expression, hand, gesture and body language. Language training should start as early as possible, do not wait until he/she make sounds, because the baby's hearing has already been developed well since birth.
- 5. Learning and development of cognition- To train the child by using the child's cognition and learning ability in different stages, and different senses such as sight, smell, touch and hearing. Start with the simple picture before going into complicated ones, using all different type of teaching materials, teaching equipments, pictures, photo cards, sounds and educational toys. Give plenty of opportunity for training, the parents and primary care taker should use more positive attitude and encouragement, and to let the child learn naturally, and watch for opportunity to motivate its creativity.
- 6. Cultivation of EQ and interpersonal relationship- If there is no special restriction for your child, let your child try different activities such as personal, objective and geographical activities to increase his/her adaptation and chances to learn. For children over three, besides the environment of home, cultural stimulation and training that can expend all the things mentioned earlier, the child is now gradually going to the kindergarten stage as well, the parents should strengthen the coordination of the family education and school education, and take socialized education development seriously.



XI. Choosing toys

1. Choosing children's toy for different stages

- From birth to six months: You should choose toys with simple melody, gently and colorful, such as stringed music, small drum with a handle and two suspending beads, bell.
- 2. From six months to a year: The baby this age loves to rock things in his/her hand or chew, therefore the proper toys for this stage should be non-toxic, not breakable rubber, plastic or wooden toys.
- 3. Toddler 1-3 years old (toys that can be chased around, running, jumping around with or bumping into): The toy at this stage should be the toys that are solid, that can make sound, and can light up and turn, such as sand bucket, shovel, wooden board and hammer, car blocks, toys that can be pulled by wooden horse, stuff animals and dolls.
- 4. Preschooler 3-6 years old (toys that require thinking and hand operating): Choose toys that are changeable and have more activities, such as blocks, amusement park toys, repairable toys, trains, trucks, magnets, phone toys, tricycles, crayons and play dough.

2. Rule on choosing child toy

- Watch for the safety-Do not choose toys that have sharp edges, are too small that may be swollen easily, colors that are peeling off and toxic.
- 2. Easy to clean and disinfect.
- 3. Solid and durable.
- 4. Economical.
- Right for child's physical and mental development, and has motivational and creative meaning.

3. Information on teaching children to play

- 1. Let him/her have chance to touch, practice, do not do one way instruction, or ask him/her to do well by your standard.
- When your child needs your help, help him/her, however, do not over-instruct proactively; you should avoid too much criticism and comparing to others.
- 3. Encourage children to be patient, creative and willing to learn is



the most important thing.

4. Do not give your child too many toys at one time, one every once a while can keep you child interested in the toy, and give your child enough time to feel, be familiar with and get the effect brought by toys.

XII. Exercise for infants and toddlers

Information on infant exercise that can cultivate exercise ability:

- All movements should start with light, slow, few and small movements, do not overdo. It should be done according to the your baby's physical condition, other wise it can cause injury as a result of too much force.
- The exercise of the limbs should start with bending, if there is stretching movement, please let your baby do it with his/her reflex.

From birth ---

Please bundle your baby in a big bath towel after bath each day, use gentle but stable force to massage him/her from head to toes, specially on the four limbs or rub them to increase and stimulate the blood circulation, and help the baby feel comfortable.

Two months old ----

 Arm exercise-support your baby's both hands, take both arm and fold them two to three times over, and starting from the folding part, and gradually use both hands, let your baby do it with his/ her own reflex. See FIG. 1 and 2 ▼

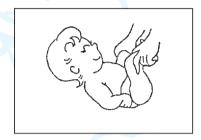






Legs exercises-Hold both of your baby's ankles, start with one leg at the time, then gradually two legs together. Starting with folding movement, if the baby wants to stretch both legs straight, you, the mother, should let go and support them gently. See FIG 3, 4.▼





Four months old ----

1. The horizontal and vertical exercise for the arms – raise your baby's arm or fold them together, use one hand at the time until your baby is getting used to both hands at the time. See FIG.5. ▶



2. Pulling the baby up from lying down on the back position-Let the baby lie down on his/her back, and parents hold on to the baby's elbow and slowly pull the baby up. Nevertheless, try to keep in mind: the purpose is not pulling him/her up, it is to let him/her feel going up. See FIG. 6. ▶

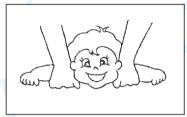


3. Picking the baby up from lying down on the side position-Stand or sit by the baby's foot, with both hands holding on to the side and the stomach, then picking the baby up gently, and the securing baby's body with thumbs to avoid rocking back and forth. See FIG.7.





4. Supporting both shoulders and pull backwards- Let the baby lie down on his/her stomach, and the parents holding on both of baby's shoulders, slowing they pull up the chest and gently put down; when doing this motion, baby must raise his/her head coordinately, therefore, watch for baby's neck development before doing this exercise. See FIG. 8, 9. ▼



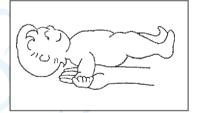


Six months -

1. Draw a circle with the arms(straight)- Gently holding on to the baby's wrist and raising the baby' arms from the side all the way to the back of the head slowly before putting them down slowly. See FIG. 10.▶

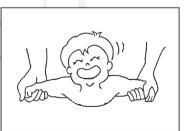


2. Draw a circle with the arms (horizontal) – Gently holding on to the baby's wrist, and line the baby's arm with the shoulders before pulling them up and to the middle. (Similar to open and close movements). See FIG.11.



3. Little flyer's move ---

Let the baby lie down on his stomach, and open his/her hands, with the parents supporting the baby's hands, and let him pull back. However, the parents must watch for the development of the baby's body and neck. See FIG. 12.





XIII. Accident

Accident is one of the main reasons that caused injury and death in children. Children under 5 years of age are the easiest one to have accident, and the cause of the accident is often the caretaker's negligence, especially many dangers exist in the home. To prevent the accident, the parents should give baby the best care.

The most common baby accidents are:

1. Injury by bumping or pinching. 2. Burn injury. 3. Eat by mistake. 4. Suffocating.

To prevent:

- Select round cornered furniture, open and close the door slowly, put up the activity table and chairs immediately when finished; do not let children play by the turning door in the supermarket and automatic garage door.
- Let your child stay away from hot pot, kitchen; do not put table cloth on the kitchen table; place the pot handle inward; place cold water before placing hot water for shower.
- 3. Toxic chemicals should be placed in the jar that has clear mark, and the medication should be placed out of reach of children.
- 4. The string for the curtain should be stored or secured to keep children from playing and cause danger; do not feed baby any food when he/she is cry to prevent choking; keep your baby from taking small and hard to chew fruit.

Care:

- Watch your baby for two to three days when the baby's head is bumped into something, if there are signs of vomiting, loss of appetite, unconsciousness and cause seizures, please take your baby to the Neurosurgery immediately. Use cold water to wash the finger clean if it is pinched. If the fingernail comes off, cover it with sterile gauze.
- Use cold water to rinse for over 20 minutes until the pain is gone; for the burning injury, you must rinse, take off, soak, cover and send.
- 3. Do not try to make your baby vomit, take your baby to the hospital immediately; please take the medication or chemical that is eaten by mistake to the hospital for doctor's references.



XIV. Infant and toddler's physical and mental development

1. How to raise a child that is physically and mentally healthy

(1). Healthy baby's developing milestone

(Development in one to twelve months)

Age	1st month	2st month	3st month	4st month	5st month	6 st month
Big move	•lift the head up slightly when lying on the stomach	•lift the head up in 45°C angle when lying on the stomach	•lift the head up in 90°C angle when lying on the stomach	•the head is steady when being assisted to sit up •lie down on the side	•when pulling up the child to sit up, he/ she will try to support the head so it does not fall back	•roll over •support the body with both hands for 30 seconds
Small move	•start putting things in the mouth automatically	ethe eyes are turning with objects for over 90°C angle	•kedua tangan bisa ditaruh didepan dada	•grab thing with hands and put it in the mouth	•both hands are able to grab small object tightly	•the hand can play with the string on the toy •the hand can hit on the toy
Language	•turn head when hearing sound	•make "GOO GOO" sound	•keluar suara y,x, bahasa gigi ketawa ada suara	•imitating adult's sound	•streaming when over joy	•start making A, E, U sounds
Interpersonal skill	•watching other's face	•smile when someone is playing with him/	•tersenyum pada orang	enotice the existence of other kids		•get the cookie for himself/ herself





Age Move	7st month	8st month	9st month	10 st month	11 st month	12 st month
Big move	•Craw with stomach on the floor •Bouncing around on the adult's legs	•Sit well •Craw with both knees	 Maintaining the standing position when holding onto something Craw forward and backward 	•Move around when holding onto the edge of something •Trying to think how to sit down when standing	•Standing independently for 10 seconds •Can walk when you holding one of his/her hands	•Walk few steps independently •Can stand up when squatting down
Small move	•Holding blocks in each hands when sitting down •Move the block from one hand to another	•Grabbing things with hands like rake	•Picking up things with thumb and four fingers •Touch things or push things with forefingers	•Clapping •Hitting the blocks in each hands	•Place small objects in the cup or container	•Pick up things with thumb and forefingers
Language	•Turn toward sound source correctly	•Make t,d and w sounds	•Look at some things in the direction with adults hands or eyes	•Imitate adult's sound •Respond to his/her own name	•Wave hands for good bye •Know other people's name	•Call out papa and mama meaningfully •Say yes or no by shaking and nodding head
Interpersonal skill	•Try to get toys that are further away	•Can play hide and seek	•Cry when see the strangers	•Can grab onto spoon •Pull down the hat that is on the head	•Use fingers to point to desired places or things	•Stop drilling •Play with other children



- (2) How to build good parent children relationship
 - 1. Satisfy the child's physiological needs: such as breastfeeding, watch for cold and hot and clean the stool and urine......
 - 2. Hold him/her, touch him/her, talk with the child and play with him/her.
 - 3. Play with your child, read, tell story to your child and listen to children's song with your child.
 - Mother's attitude should be gentle and disciplinary; try to be calm.
 - 5. Praise your child's good behavior.
 - 6. Listen to your child's opinion and feeing.
- (3) Does your baby mind? Do you know his/her temperament?

 Different personality should be disciplined with different methods:
 - Active
 - Smilev
 - Disoriented
 - Difficult child

- Slow
- Stinker
- Stubborn
- Withdraw
- Which type is your baby? How to raise this type of child; do you want to know?
- (4) Start from they are little:
 - 1. Making good habit:

Do you wish that your child have good concentration, have interest for learning new things, eat by himself/herself, polite, self-motivated, control bowel movement and urination effectively? Making habits with correct and effective method from young age can relax kids and parents.

2. Cultivate your child's stable emotion and proper expression:

Do you often feel your child being grouchy? If you teach your child proper way to express his/her emotion, and let him/her express freely, which is the basic tool for psychological health.

(5) Understand your child's need:



Beside drinking milk, passing stool and urine, wanting people to hold and love, what else does a baby need? Beside physiological need and learning to walk and talk, what else does a one year-old child need? What about three year-old? Five year-old? Eight year-old? Every child has his/her need, in different developmental stages, some basic needs are the same; after understand what they are, the parents can help and satisfy the child, and make the relationship even closer.

2. Infant and toddler mental development record

- 1. This is a record to help you and us to understand your baby's mental development. First, please fill out the proper age group according to your baby's age, and read each questions in that age group, mark "V" if your baby pass it, mark "X" if your baby did not pass it.
- 2. If you are not sure of your baby's development, please let your baby's primary caretaker fill this out, or please observe and let your baby try it before fill out the answers! Thank you for your cooperation!

Applicable age:		1. Their eyes can move along with objects.
4 months		2. Their heads can turn to where the toys make sounds.
Evaluation date:		3. Put their hands in the mouths like eating their hands.
Actual age: /	☆	4. Open their hands, no longer close them tightly. (Fingers are open as well)
Your relationship with the baby:		5. Move both hands in the front of chest, holding them together.
Remark:		6. Make some simple and meaningless sounds (such as: E, A, U).
		7. Smile to others proactively.
Need further evaluation: ☐ Yes ☐ No	☆	8. Use both hands to support the weight when lying down on the stomach. (Lift up the head and shoulders and chest).



Applicable age: Nine Month		1. Respond to familiar languages. (Including their own names, "no")
		2. Make Baba, Mama sounds.
Evaluation date:		3. Starting to be afraid of stranger.
Actual age: /		4. Clapping hands.
Your relationship with the baby:	☆	5. Pick up things with thumb and forefingers (parts that are below the finger points).
Remark:		6. Can lie down and sit up by themselves (roll over then sit up)
	☆	7. Can sit down firmly.
Need further evaluation: Yes No		8. Stand or move around when holding on to the furniture
Applicable age: 12 Months		Say the first real and meaningful word (DaDa, MaMa)
12 Wollins		2. Imitate sounds, but not clear.
Evaluation date: / /		3. Respond to music or familiar sounds.
Actual age: /		4. Can tear off paper (meaning book with thick pages).
Your relationship with the baby:		5. Pick up little things with thumb and forefinger tip.
Remark:		6. Use the fingers to point to things or direct desired.
	☆	7. Standing independently for a while. (2-3 Seconds).
Need further evaluation: Yes No		8. Walking freely.

Attention:

1. If the baby is unable to pass the question with "☆" in front of it, you need to take your baby to the department of Child Psychiatry for further evaluation and check up!



2. If the baby has two or more questions in that age group that he/she is unable to pass, you need to take your baby to the department of Child Psychiatry for further evaluation and check up!

3. Medical service for child with mental retardation

Dear Parents:

Hi, we believe that having a health and normal child is every parent's dream. You must be worried when you find your child's development to be slower than other little children. We are willing to share your concerns with you, and give you proper medical assistance.

1. The medical service you may need includes:

(1) Correct diagnose:

Make sure if your baby really has slower development in certain area, if so, which one? (Movement coordination, balance, language development, communication, interpersonal relationship, independence?) How much slower? (Mild, moderate, severe or extremely serious?) Therefore, You need to find professional child psychology center, department of child psychiatric or psychiatrist to perform a detailed evaluation according to your baby's condition, and give development test, IQ test to confirm the child's development.

* Person who works with parents:

So as to make correct diagnose and find the cause, please tell the medical staffs as much information as possible. Such as condition on child's discipline, daily function, learning stage and if there is autism, mental retardation, psychiatric illness in the family. By so doing, the medical staff may make a detail and accurate diagnose.

(2) Physiological and nerve system check:

Child with retardation has high chances of getting physiological or cranial nerve system disease, especially child with more severe retardation. Therefore, it is necessary to make a detailed physical and cranial nerve exam. Depending on the child's need, the physical exam may include Pediatric, Child Neurology, Otolaryngology, Ophthalmology, Surgery, dental and OB.



(3) Physiological exam:

So as to understand your child's physiological and neurological condition and to find the possible cause, the most common exams include:

- 1. The cranial nerve check up- brain wave, computerized tomography or Magnetic Resonance Imaging.
- 2. Heavy metal concentration-Lead, mercury.
- 3. Endocrinological exam-Such as Thyroid.
- 4. Chromosome exam.
- 5. Urine analysis and blood amino acid analysis
- ※ Helpful treatment for patients after finding out the causes of some illness:

Take Hypothyroidism for example, even though some of them are not curable, but they may be references for the patients or family for their future generation. For example: Will the abnormal chromosome be passed on to the next generation? Does it need to check out during the pregnancy and early check up....Even though the cause for almost half of the people with mental retardation could not be found, nevertheless, we should at least put in the effort to try to find the cause. So that we don't delay in finding the cause, and have more understanding for children.

- 2. You may need the following service after you confirm that your child have mental retardation:
 - (1) Regular medical service:

Such as department of Otolaryngology-Hearing exam and care. Department of Ophthalmology-Vision exam and care. Department of Dentistry-cavity, malocclusion. Department OB-Menstrual cycle issues, birth control and others.

(2) Rehabilitation and education training:

Comprehensive training for child's disability and the development they should have.

1.Body language training-Little children with slow development and cerebral palsy.

Training-Normalize the muscles, movement development training and coordination





2. Language training-Little children with slow language development and communication disability.

Training-Oral movement, articulation training and interpersonal communication.

- 3. Other sense stimulation training-Little children with poor senses of touch, smell, hearing and poor body performance.

 Training-All sense training, moving skill training.
- (3) Care for psychological and behavioral issues:

The disabled children have higher percentage to have emotional, psychological and behavioral problems, such as bad tempered, likely to attack (to others and themselves), withdraw, passive, poor concentration, and hyperactive, repeat habit, slow. Give them proper psychological or behavioral treatment to increase these children's adaptation. In addition, the percentage of these children to have psychiatric illness is higher than regular people, so we should pay extra attention.

(4) General Consultation:

Please contact outpatient service or by phone for information concerning child with mental retardation if parents have questions on discipline or communication with child. To help you and your child grow and adapt to the environment is our wish and our responsibility. We welcome you to utilize the service we offer, and we welcome your opinion for us to grow together.



* Additional information when the baby is discharged from the nursery

1. Immunization shot received in our hospital:
BCG
IG
Newborn screening
Hepatitis vaccine first dosage
2. Next appointment for your baby:
/(DD/MM) AM.PMOutpatient
3. What brand of formula are you currently using
Amount is about cc,hours between two meals.
4. Additional information after returning home :
Wash your hands whenever you touch your baby.
Discharge plan and in home nursing instruction:
() Jaundice observation and instruction
() Umbilical cord care instruction
() Taking body temperature
() Milk changing method
() Other
Trainer signature:
Trainee signature:





嬰幼兒保健手冊

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