



Bryn Darland Surgery

Information Leaflet

Hot Children

Hot Children are often irritable or listless because of their temperature, it is often much more of a cause of their feeling of ill-health than the illness itself, and so reducing the temperature will make the child feel better.

Stage one

Remove all warm heavy clothing. This is contrary to all old fashioned teaching, which was to wrap-up a child with a fever and so encourage it to heat up even more. (if you imagine a potato hot from the oven, to keep it hot you would wrap it in something, to allow it to cool you would unwrap it).

Stage two

Paediatric paracetamol (available as Calpol or Disprol) are excellent ways of keeping a temperature down. This should be given according to the label on the bottle.

Stage Three

Tepid Sponging, this encourages hot skin to lose its heat and so cool the Child. Too hot or cold water temperature will have the reverse effect. If you use the temperature of your skin as a guide you won't be far wrong.

Stage Four

Repeated luke-warm bathing. This is probably a lot easier and more effective than tepid sponging and I prefer this when cooling my own children. Twenty minutes in a luke-warm bath followed by patting dry usually works well.

If these measures do not cool the child please contact the Doctor
for advice