

Pediatric News

A newsletter written and produced by Dr. John Spitzer, pediatrician with Bronson Primary Care Partners

When can I start my baby on solids?



As your little one grows, you will reach a time when you begin thinking about incorporating some solid foods into their diet, in addition to milk. You're not alone! After all, on an average, babies double their birth weight by four months of age.

While the AAP recommends exclusive breast feeding for the first 6 months, here are some signs to look for to help you assess if your baby is ready for solids:

- They have good, steady head control. Babies usually achieve this around 4-6 months of age.

- They are sitting up on his/their own in a high chair.
- Your baby is showing interest in the food you are eating (i.e. they open their mouths when food comes their way).
- They are cooing and making babbling sounds. This is a sign that they are starting to use the muscles in their mouth, lips and tongue.
- They are showing an ability to move food (i.e. baby cereal or baby food) from the spoon, into the front of the mouth to the throat area. There may be some occasional coughs or choking as they perfect their technique.

It's amazing how quickly babies learn to like eating solids.

However, in the learning phase, this can be a frustration for them if they wake up hungry. I recommend doing a little bit of milk first to take the hunger away and then do the solid as they will be more patient. Top them off with a little bit more milk!

In general, start with baby cereal or oatmeal around 4 months of age and then baby foods around 6 months, acknowledging that every baby is different and readiness is specific to each baby. If making your own baby food, make sure it is soft or pureed. Introduce one food at a time for 3-5 days and watch for reactions (vomiting, diarrhea, skin rashes). There is no evidence that delaying certain "allergic foods" (eggs, dairy, soy, fish, peanut) past 6 months will reduce likelihood of allergies. However, consider peanut testing with an allergist for infants with severe eczema and/or egg allergy.

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Office Hours:

West Main Office open 7 days/week except Thanksgiving and Christmas days
Richland office open Monday to Saturday
Other offices open Monday to Friday.
Evening Hours available

If you want to give your baby fresh foods, you can use a blender or food processor to make it soft and feed with a spoon. Cooking the foods without salt or seasoning will be helpful as fresh foods are not bacteria-free so they can spoil more quickly than food from a jar or can.

References:

- www.healthychildren.org/growinghealthy
- <http://patiented.solutions.aap.org>

A COVID-19 Update and Colds

For the week ending on July 27, the COVID-positivity rate has increased from 1/50 in June to 1/10 in August. Hospitalizations are starting to go back up again at Bronson. Some significant data in the United States regarding the COVID disease and vaccine since January 1:

- About 99% of deaths this year have occurred in un-vaccinated people

- 93% of hospitalizations have occurred in unvaccinated people

The bulk of upper respiratory infections this summer have been related to the typical winter viruses (RSV and Parainfluenza) mixed in with the typical summer viruses (the enteroviruses) which can also give kids an upset stomach with vomiting and diarrhea.

Continue to take the usual precautions, like washing your hands well and often, and social distancing when possible.



When it comes to your children, your priority is to ensure they grow up healthy and strong! At Bronson Primary Care Partners, you'll be glad to know that we have the same goal - 24 hours a day, 7 days a week. Whether it's handling an unexpected illness or preventing an illness, our professionals deliver the best pediatric medicine by following guidelines set by the American Academy of Pediatrics. We also know that parenting can be a challenge. We are here for you, to give you the time, education and support your family deserves.

Building Confidence and Resilience in Kids



When kids are not feeling pressured in time and by their parents, they can make decisions on their own and at their own pace. This is important because it can contribute to their personal growth

and development. Sometimes kids need to be on their own to discover themselves and their independence.

So what would you think of putting three groups of kids, all under 7 years old, in a major city, and telling them to find their way (*on their own, without adult help*) to a major landmark?

Psychologists in London decided to do just this. They created groups of young children and gave them

maps. Without any assistance from the adults, these kids were instructed to follow the maps to find their way out of a park, onto a bus, and to the London Eye. Do you think they made it there? Check out this video to find out!

[Can Kids Navigate Their Way Across London Alone? | Planet Child | ITV - YouTube](#)

Kids will always need supervision, but if we can possibly provide this in

a non-intrusive way, we will create a world for them that is free, non-pressured and ripe for decision making. This will contribute to a healthy development.

Canker Sores

Are you or your children prone to mouth ulcers? Canker sores are the most common cause of mouth ulcers, and are typically present in the inner cheeks, inner lips or gums. They can be pretty painful and make it hard to eat. Frequently they appear during an illness, especially if there is a fever. Other reasons they can occur include injuries from rough food, tooth brushes, biting or food irritants.

Here are some tips to help your child heal canker sores:

For kids 1 year and older, use a liquid antacid (like Mylanta or Maalox) for pain and discomfort:

Give four times per day as

needed, and usually after a meal is better.

- Age 1 to 6 years: Put a few drops in the mouth. You can also put it on with a cotton swab and rub on the inside of their mouth.
- Age over 6 years: Use 1 teaspoon (5 mL) as a mouth wash. Keep it on the ulcers as long as possible. Then can spit it out or swallow it.

You can also use Ibuprofen or Tylenol for pain relief.

Keep them hydrated:

Anything cold is soothing. Try cold drinks, milk shakes, popsicles, slushes and sherbet. Avoid foods that need a lot of chewing, as well as citrus, salty or spicy foods. You can also try soft foods like macaroni

and cheese, mashed potatoes or cereal with milk.

Going back to School:

Canker sores are not contagious so they cannot be spread to others. It's all a matter of comfort and how well your child is doing with eating and drinking.

The natural course of canker sores:

They heal up in 1 to 2 weeks on their own. Once they occur, no treatment can shorten the duration of the problem, but the treatment options above can help with the pain. Some children seem to benefit from switching toothpaste to the brand Rembrandt. It is not as drying to the mucous membranes.



When to give us a call:

If mouth ulcers are lasting more than 2 weeks, you think your child needs to be seen, or they are not eating and drinking enough and are at risk for dehydration.

