

Fevers in Children / Giving God our Love

Young mother: My child has a fever and I don't know what to do.

Friend: I've heard that when a child has a fever we should cover them up with lots of clothes so they won't catch a cold.

Mother: But don't they already have a cold and that's why they have a fever?

Friend: Well now I'm not sure.

Mother: I don't know what to do!

Carol: Welcome to *Women of Hope*, Mmm – so what *should* this young mother do if she thinks her child has a fever?

Tammy: Well we've been talking to Kathy, a nurse because we knew we were going to talk about this today.

Carol: First, let's talk about how we know if our child *has* a fever. Our normal body temperature is about 37 degrees celcius or 98.6 degrees fahrenheit. We know what it feels like when a child is a bit hot – but how do we tell if he really has a fever and we need to do something about it?

Tammy: First, the child's body will be very warm to touch – especially on the forehead and cheeks and around the neck. They will be flushed, a bit red on their face, and may be sweating. The child might become irritable. Or as their temperature goes higher they may become listless – and not want to do anything. Their pulse or heart beat might become quite fast and they might pant for breath.

If you have a thermometer, and can take the child's temperature, that's the best way to tell how high the fever is. You can measure it by placing the bulb of the thermometer under the child's armpit and gently holding their arm down for up to 5 minutes to keep it in place.

If the child is under 2 yrs, it might be best to take the temperature in the rectum or back passage. This must be done very carefully so as not to push it in too far and make a hole in the bowel. You can use a little bit of vaseline on the bulb end of the thermometer, then hold it firmly with two fingers just a short way up so that it can only go in about 1-2 centimeters.

You should not use this thermometer in any other part of the body...and be sure to clean it carefully after each use.

Carol: So what is a fever ? Well, It's often a sign of infection or illness. It's not a sickness but it's a *sign* that the body is sick. A fever can help the body fight an infection. If the fever is low – anything under 39 degrees it does not need to be treated with medicine. If your child or baby is playful and comfortable, drinking plenty of fluids or water, and is able to sleep...then it's best to just keep watch to make sure the fever does not go any higher.

On Women of Hope today we're talking about fevers in children. I'm sure most of us have had to take care of a child with a fever at some time. But a *high* fever can be one of the most scary things that can happen to our children. And it can be very dangerous. So let's talk about what we should do.

Tammy: Do you remember what we heard at the beginning? The young mother's friend said she heard that you should cover up the child with lots of clothes so she wouldn't catch a cold?

Well that's just what we **don't** do for a fever. The important thing, no matter what is causing the fever, is to get the child's temperature down.

Firstly dress your child in light clothing – don't overheat them with too many clothes or too many blankets.

Carol: Keep them cool any way you can – in fresh air, with a little fan; even put them in a cool bath, or put cool damp cloths on their forehead and neck...and on their chest. Give them small drinks, often – especially water – boiled water that's been cooled is best.

Don't worry if the child does not want to eat, but be sure that they drink as much as they will take. This is very important! High fever causes the body to lose water quickly. Losing water that the body needs will cause dehydration. If the water is not replaced, they can become very sick. So, try water, soup, or flavored jelly or anything they like to drink. But if the child has diarrhea, don't give them much fruit juice.

Tammy: Let your child eat if they feel like it, but don't force them to eat.

You can give some paracetamol syrup – it will tell you on the bottle how much to give for the age of the child. Or you can contact your health care worker to find out how much to give them. It should be given at least 4 hours apart, and no more than 4 times a day, until the temperature comes down. Aspirin can also be used to reduce fever, but . . . and this is important . . . **don't** give aspirin to a child younger than 12.

And finally, give the child plenty of loving care so that they feel safe.

Carol: Let's remind ourselves of the important things:

Keep the child cool – don't overheat them with too many clothes or blankets; give them small drinks often, and give paracetamol liquid to help the temperature come down.

So if the child is not getting better and the temperature doesn't seem to be coming down I'm sure it would be best to take them to the health care worker or doctor.

Tammy: Definitely!

Carol: So, what if we have done all we can for our child and things are not improving? What are the things that will tell us we should take them to the doctor?

Tammy: If *any* of these things happen, go to your doctor or health care worker straight away:

- if the child refuses to drink any fluids...if they stop passing urine or it becomes dark and strong-smelling;

- see the doctor straight away if the child has pain or a bad headache – especially if they seem to have a stiff neck or if the light hurts their eyes;
- if they cry often or can't move an arm or leg;
- if they start vomiting, if they have a convulsion – or they start acting strangely;
- if they become very sleepy and it's hard to wake them up.

And if you've tried everything and the fever still has not come down go straight to the doctor.

Remember, a fever is usually the sign of an infection, so finding the cause of fever is important. It could be an ear infection, another infection inside the body, or a serious infection like *meningitis* that can cause brain damage.

Carol: These things are very important to remember! So let's remind ourselves of what they are: if your child refuses to drink any fluids...if they stop passing urine...if they have pain, especially head and neck pain or stiffness...if their eyes hurt in the light...if they cry a lot or can't move an arm or leg...if they start vomiting a lot...if they have a convulsion or start acting strangely or if they become very sleepy and it's hard to wake them . . . get them to the doctor.

Tammy: So if at any time you're not sure how sick your child is, or you're not sure what to do, go to your health care worker or the doctor. We sometimes say, 'It's better to be safe than sorry.' So it's better to take your child to the doctor, even if the doctor says they're ok. That's better than if you *don't* take them and they get very sick...or even die.

Carol: Today our special friend Marli with us again. She's going to talk about another way that it's better to be safe than sorry. Welcome back Marli...it's always good to have you here.

Marli: Hi Carol. It's good to be here. Hello my dear friend. I just love to be here with you on *Women of Hope*. I wonder if you sometimes feel that your life is not right and you feel 'sick in your heart'? You may not have a fever...you may not know what's wrong but you know that you need something more in your life. You don't know what to do or who to go to for help. Do you feel like that sometimes?

Well, today I want to share with you what God tells us in his word. The Bible says that God is love. It says God created you for Himself. He wants to have a loving relationship with you. I came here today to tell you that God is waiting for you to give your heart to Him. And He wants to give His never ending love to you today!... Just think about that: God, the creator of the universe knows you intimately and loves you unconditionally. And He wants you to love Him. The Bible tells us that God *is* Love. It is His nature. Actually, everything that God says or does is an expression of His love for us.

Maybe it's hard for you to understand what I'm talking about. You really don't know what love is. Maybe you were abandoned by your parents when you were a little girl... Have you been abused by someone? Did someone take away your childhood innocence? Do you feel caught up in feelings of rejection, anger, fear, bitterness maybe?...Do you feel empty and lost? Do you feel sick in your heart?

Sadly, you're not alone. So many women feel this emptiness just as you do...women who have been sold into prostitution; women who have been abused by their husbands or their families. They feel unloved, abandoned... Are you one of them? Listen to God and what He says in His word, the Bible.

(1 John 3:1) "See how great a love the Father (our heavenly Father) has given to us, that we should be called children of God." You and I can be daughters of the living God! He loves you; He will accept you just as you are if you turn to Him!

People may have disappointed you, or abandoned you...but God says in his word, (Hebrews 13:5) "I will never leave you or abandon you."

And in another part of God's word He uses the picture of a mother with a new born baby. He says, "Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if it were possible, I would not forget you! See I have written your name on the palms of my hands." (Isaiah 49:15 NLT)

How comforting it is to hear that!! God is able to restore your life...to bring it back so you *can* be the woman that God intended you to be. Jesus Christ, God's Son, was given as a sacrifice for you and me. God has done what He promised in John chapter 3, verse 16: 'For God loved the world so much that he gave his one and only son, so that everyone who believes in him will not perish but have eternal life. And then it says (v17), 'God sent his Son into the world not to judge the world, but to save the world through him.'

He came to save you and me.

Marli: Dear friend, if you give your love to God, something wonderful is going to happen: you will be able to love even those who have hurt you. Loving God gives us the power to forgive those who've hurt us.

It's almost impossible for me to imagine that the almighty, eternal God who created us wants our love just because He delights in our love for Him. I want to tell you a traditional story: King Cyrus of Persia came home in victory from the war one day. Among many prisoners of war was a noble wealthy man, his wife and his sons. They had been sentenced to death. The king called the man, and his sons, and his wife to see him. He asked the man: "What would you give me in exchange for your life?" The noble man answered: "Half of my possessions, your majesty." Looking at his sons, the king asked: "What would you give me in exchange for letting your sons go free?" "The other half of my possessions, your majesty," the father answered. Then the king turned his face toward the man's wife and he asked: "And what would you give me for your wife's freedom?" The noble man, fixing his eyes steadily on the king's face he said: "I would give you my life."

The King was so impressed with the noble man's answer, that he ordered his men to release the prisoners, and to let them all go free. While they were going back to their home, the husband asked his wife: "Did you notice the king's face? Did you see how handsome and impressive he is?"

"No," she answered as she looked in her husband's eyes, "I didn't. I could not keep my eyes off my husband, the one who was willing to give his life for me!"

My friend...when we realize how great God's love is, for us...what He went through when He let His only Son, Jesus, die in our place...then and only then, will we be able to love Him back with *all* our heart. Then we will not have eyes for anyone or anything else, but for our God and our Savior, Jesus.

The Bible says, (1 John 4:19 NIV) “We love, because He first loved us.” God wants your love. Will you love Him with all your heart? When you think that there is no way out, God will step into your life and fill your heart with hope and love.

So, will you pray with me now?

Dear God, we thank you for loving us first. Help me today to love you back with all my heart.

And now I want to pray for you...

Father, I give my dear friend into your hands, bless her I pray and help her to trust you and love you with all her heart. In Jesus' name, Amen.

May God bless you.

Tammy: If you have prayed that prayer today with Marli, we would love to hear from you. Or if you have some questions you would like to ask, please contact us. We will tell you how shortly.

But before we do that Carol is going to read two letters that other listeners have sent to us. They both live in a place where there is no power so TWR has provided them with solar radios – the batteries in these radios are powered by the sun. They have both been very encouraged by listening to Women of Hope.

Carol: Here's the first letter...

‘Thank you again for the solar radios. We don't have electric power and I was really blessed when I took it. Now I can keep it with me while I go to work. The broadcast called “Women of Hope” in our language has always blessed me and gives me strength to live my day. It is like somebody comes in my life, to lead me when I'm in need, to give me strength when I'm bitter and to fill me with hope when it seems that I'm at the end.

I am married with four kids. It's a great challenge to help them grow, especially when my husband and I don't have steady work. Very often it seems like it would be impossible to survive the next week, but “Women of Hope” always has a word from God for me.

Thank you for thinking about us and for preparing this program.

Tammy: That is so encouraging Carol. What does the next one say?

Carol: The next woman wrote this.

I always listen to the broadcast for women in our language, since I received the solar radio. The words are beautiful and well-chosen. I remember when the speakers were speaking about our value as women during the broadcast. It was the first time I was hearing something like that. It made me think. When I was little my mother told me that women - it's like they do not exist, they are doomed by God. They should say nothing, even when they are beaten till fainting by the men in their family. When I got married I said, “O Lord don't give me a girl, because she will be doomed as well. To think that the Son of God has given his life for us who are abandoned by everyone is incredible. And because of His death we have value. I never heard somebody talk like this about the Lord before. I

know He is in heaven, but I thought He was not interested in people like us on earth. We need to learn more about this Lord. Thank you for thinking about us by preparing this program that is teaching me to look at myself and my life differently.

Tammy: Hearing a letter like this makes me Praise God!! For this dear listener has found that God loves her and that she has value.

Carol: You too are very valuable to God. And we pray that you will learn to love God too and to give your life to him, so that he can heal your heart. We do hope you will be with us again. Have a great week filled with God's blessings. Goodbye and God bless you.

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