



Early Childhood Development: ECDV4

LESSON 3

Unit Standard: 244255- Care for babies, toddlers and young children
SO2: Provide Physical Care for your children.

TOPIC: DEADLY DISEASES AND SYNDROMES TO BABIES

In Early Childhood Development we always focus holistically on three different groups of children which are babies or infants- 0 to 12 months, toddlers- 12 to 30 months and young children-30to 6 years, according to our Assessment Guidelines.

There are many hazards and illnesses that may affect babies at their early stages after birth, some of which could be fatal or deadly to a baby which may bring a tremendous grief to any family that is related to that baby.

Many unfortunate babies acquire these illnesses at birth, at home, early childhood centers and at public places. Very few of these illnesses or diseases babies are born with such as: Congenital pneumonia, congenital infections, Childhood cancers and HIV.

A majority of other fatal illnesses babies acquire through infection.

Infections are the invasion and multiplication of microorganisms such as bacteria, viruses and parasites that are not normally present within the body... and infections may remain localized or may spread throughout the body to become systematic (all over the body). Some infections may cause no symptoms and remain unnoticed until at a later stage when an illness is apparent.

Infancy is a vulnerable time of life as infants' immune systems are still maturing, especially before they have had all their vaccines, they may have harder time fighting off some infections than older children. If a baby or infant has symptoms or signs of any illness, see the doctor right away.

The following are a list of childhood killer diseases and they are amongst others and these are mostly encountered and they are:

Pneumonia Diarrhea Malaria Meningitis HIV/AIDS



ON the following paragraphs we shall be breaking down each of the listed diseases above. We will name and define each illness, then explain its causes, treatment and provide means of preventing such illnesses. We need to keep in mind and highlight that babies are completely helpless and they are dependent on their parents or caregivers entirely, so it is very important that we are clear that a baby's survival is completely relied upon his or her parent and or caregiver.

ILLNESS: DIARRHOEA

DEFINITION

Diarrhea is a loose watery bowel movement that can occurs frequently and with a sense of urgency.

CAUSES

Diarrhea is caused by several different things in babies such as the following:

- Food poisoning
- Stomach flu
- Lactose intolerance
- Food allergies
- An intestinal bug

Treatment

- Firstly, seek medical advice and attention for your baby.
- For Diarrhea amongst other things the doctor may suggest replacing lost fluids with an oral rehydration.
- Antidiarrheal medication such as loperamide could be prescribed for the baby by the doctor.

Prevention

- Diarrhea can be prevented by washing of hands regularly with water and soap before feeding or preparing meals for the baby.
- Breastfeeding is encouraged exclusively for babies below six months.
- Ensure that the child's vaccinations are up to date.
- Ensure that the baby is cared for in a clean environment.
Do not allow any sick person near the baby or prepare meals for the baby.



ILLNESS: MENINGITIS

DEFINITION

It is a bacterial or viral infection that causes the membranes that surrounds the brain and the spinal cord to swell.

CAUSES

- A bacterial or parasites may cause meningitis especially in children with weak immune systems.
- Close contact with someone carrying the infection.
- Touching contaminated objects such as toys, utensils by hands then having the baby touching her mouth, nose and eyes.
- Droplets from sneezing, kissing or close contacts.

PREVENTION

- Avoid random people or any person from kissing the baby.
- Keep the baby away from sick people particularly those coughing and sneezing.
- Keeping the baby away from large crowds whenever possible.
- Have the baby vaccinated for bacterial meningitis.

TREATMENT

- Treatment for meningitis depends on each child's symptoms.
- For bacterial meningitis doctors may prescribe intravenous antibiotics (drip) which kills bacteria.
- There is no treatment for viral meningitis but the child infected or has weakened immune system may need to stay in hospital for supportive management.
- Tuberculosis meningitis treatment may take longer to be cured by putting a child on treatment for one year.

ILLNESS: MEASELS

DEFINITION

Measles is a highly infectious illness caused by the Rebeola virus.

- It is a viral disease that spread rapidly.
- It is an endemic disease, which is continually present in the community and many people develop resistance.

CAUSES



- A surface or objects that have infected droplets.

PREVENTION

Prevention of measles in babies is through vaccination at 12 to 15 months but at 6 months if there is an outbreak in one's community but a Measles is caused by physical contact with infected persons.

- Measles could be transmitted by being near an infected person if they cough or sneeze.
- Touching professional health care worker should endorse the process.

TREATMENT

- Give your child plenty of fluids.
- Ensure and encourage enough rest.
- Closing curtains or dimming lights can help, as bright lights usually hurt the eyes.
- Ensuring vaccination at the appropriate time helps tremendously too.

CASE STUDY

Lindiwe Majola just gave birth to a baby girl and got released from the Hospital. On her way home she has to use a taxi. Lindiwe is collected by her coughing uncle who is suspected to be infected with Tuberculosis (TB).

The driver of the taxi she took home was a chain smoker who smoked cigarettes in the taxi without any care for his nonsmoking passengers. Miss Majola was seated on a seat where she was forced to help with the exchanging of monies while she had her baby's pacifier on the other hand.

Upon arriving in her community, she came across all the members of her church choir. Every member of the choir demanded to kiss the baby out excitement and she allowed them to her new born baby. At home she went straight into her room which she has not been in for the past two weeks, but she decided to sweep and clean it with her baby in the room as she did not want to let her baby off her sight regardless of the dust she accumulated.

ACTIVITY 1

1. What document could the hospital give to Lindiwe's baby after birth? (2)
2. List at least three (3) hazards risks that Lindiwe exposed her new born baby to.(3)
3. Discuss how Lindiwe could protect her baby completely form any infectious diseases to her baby on her way home. (5)
4. Explain how Lindiwe's uncle could transmit his illnesses onto Lindiwe's new born baby. (5)



5. List any four (4) childhood deadly diseases that you know and provide advice on how they could be treated for babies (8)
6. Tuberculosis (TB) is one of the air borne diseases which are curable, explain in your own words how TB can be avoided in babies. Give four (4) ways. (8)

ACTIVITY 2

1. Name any three (3) areas or places where babies can be infected around our communities. (3)
2. What roles can care givers and parents play in ensuring that deadly diseases are prevented from infecting babies completely since babies are helpless and dependent on them. Mention four diseases. (4)
3. Discuss why public places are not ideal for babies and why they should be avoided by all means. (3)