



**Welcome to Heart & Hands Midwifery and Family Healthcare! Your child's health and wellbeing is our top priority. Please keep this info guide for reference.  
In the event of an emergency, call 911 immediately.**

## **1** Fever & Pain Medicine

- Your child has a fever if their temperature is higher than 100.4F
  - **If your child is under 3mo and has a fever, go to the ER**
- To determine safe dosing for children medications, see instructions on the individual medication labels. Use your child's weight if you know it, otherwise use their age.
- **Keep all medicine out of reach of children.**
- Always read and follow the instructions on the label.
- **Never give adult medicines to children.**
- Unless recommended by your provider, never give aspirin to children under 12 years.
- If you think your child has taken too much of any medication, call **Poison Control at 800-222-1222.**

## **2** Rashes

- Rashes are very common in infants and children.
- Most rashes are caused by common viral or bacterial infections, heat or mild allergies
- Most rashes are harmless and will go away on their own.
- Avoid harsh soaps, lotions and laundry detergents.
- If your child has a fever and a rash that does not turn white (blanch) when you press on it, go to urgent care or the emergency room.
- If there is no improvement after a week or your child seems sick, contact your medical provider

## **3** Cough & Respiratory

- **Go to the ER or call 911 if your child is having difficulty breathing**
- If your child is congested - nasal suction with saline drops can help alleviate their congestion and cough
- Hot steamy showers are helpful for congestion
- Most cough and decongestant medications can not be given until at least 2 years of age - follow the instructions on the medication labels

## **4** GI & Constipation

- Most babies under the age of 6 weeks have 2-5 bowel movements each day.
- From 6 weeks to 3 months of age, frequency of bowel movements typically decreases (more so in breastfed babies)
  - It is common for a breastfed baby to go a week without a bowel movement
- Constipation in babies most often occurs when an infant is adjusting to formula, during weaning, at times of stress and during potty training.
- Symptoms of constipation include hard stool, few bowel movements, crying and straining.
- Probiotics can be helpful for digestion
- Gas drops may provide relief for gassy babies; follow directions on the medication bottle
- If your child is over 4 months of age, incorporating more water, or a daily serving of 100% apple, prune or pear juice in addition to usual feedings can help alleviate constipation.
- If your child is in serious discomfort for more than 3-5 days due to constipation or gas, call and schedule an appointment to see your provider at Heart & Hands.

## 5 Breastfeeding & Formula

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- Formula should be prepared according to the instructions and should not be diluted or mixed with other liquids.
- Solid foods can typically start being introduced between 4 and 6 months of age.
- Avoid leaving your baby unattended with a bottle and avoid putting them to bed with a bottle.
- Symptoms of a potential allergy to a type of formula include fussiness after feeding, extra gas, diarrhea, red and scaly skin, forceful vomiting.
- According to "The Switch Study," switching formula brands is safe and well tolerated by infants.
- If transitioning to a new formula, you can try mixing the old and new formula together in a 1:1 ratio for 3 days before fully transferring to the new formula. Allow at least a week to see how baby responds before switching again.
- Reference the Formula Feeding Problem Solver on [babycenter.com](http://babycenter.com)
- **Flathead Valley Breastfeeding Support Helpline 406-249-3656 (call or text)**

## 6 Other Concerns

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- For emergencies, call 911 or go to the nearest Urgent Care or Emergency Room
- Call the 24/7 Montana Nurse First advice line at **800-330-7847** for free and confidential advice about any health concern
- To connect with an after-hours pediatrician, use the **Montana Pediatrics Care Portal at [montanapediatrics.org](http://montanapediatrics.org)**
- For any COVID-19 related concerns, call the Flathead Nurse Call Center at 406-890-7272
- Call Heart & Hands at **406-300-4511** for any non-emergent concerns, Monday-Friday, 9am-5pm
- Use your Heart & Hands Patient Portal (login at [patientfusion.com](http://patientfusion.com)) to send non-urgent messages directly to your provider

## 7 Additional Resources

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- [HealthyChildren.org](http://HealthyChildren.org)
  - KidsDoc Symptom Checker
  - Ask the Pediatrician
  - Ages & Stages Texting Program
- The Flathead Valley Breastfeeding Coalition has resources and support group information at [flatheadvalleybreastfeeding.org](http://flatheadvalleybreastfeeding.org)
- Additional information about breastfeeding and formula can be found at [Flatheadhealth.org/wic](http://Flatheadhealth.org/wic) or by calling 406-751-8170
- **National Maternal Mental Health Hotline: 1-833-943-5746 (call or text)**

## 8 Parent Support Groups

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- Postpartum Resource Group Peer Support Meetings
  - Every 3rd Monday of the month 6pm-8pm @ Bluebird Health, Kalispell
  - Every 1st Thursday of the month 6pm-8pm @ Yogadana, Whitefish
  - Every 2nd Wednesday of the month 10am-Noon @ Mountain Time Wellness, Columbia Falls
- The Flathead Valley Breastfeeding Coalition Baby Bistro
  - **Every Saturday 3pm-4:30pm @ Heart & Hands**
  - Every Monday 12:00-1:30pm @ Logan Health Whitefish
- The Birth Center Classes and Support Groups
  - Visit <https://www.logan.org/health/calendar/> to see current schedule and offerings
- Postpartum Support International
  - Online Support Meeting over 14 specialty groups available 5 days a week
  - Visit [postpartum.net](http://postpartum.net) to register
  - **PSI Helpline 800-944-4773 (call or text)**