

EAR INFECTION?

7 tips to keep your baby comfortable

Ear infections can be very stressful for parents and children. They are painful, and also painfully common. Be sure to check out the posts on the website for more information and tips.

Pain

OTC acetaminophen or ibuprofen (for kids > 6months) should be used as needed for comfort.

Other symptoms

Often, ear infections occur in conjunction with upper respiratory infections. Do what you can to help those symptoms (nasal saline/steam inhalation, suction with the Nose Frida, etc). Minimizing a build-up of fluid in the nose may decrease the chance of inflammation ascending up to the Eustachian tube.

Position

Some babies are more comfortable upright. You can try to feed in a more upright position. *Remember they should still not sleep upright.*

Fluids & TLC

As with all illnesses, hydration is critically important. Sick kids often don't want to drink, and being dehydrated may lead to worsening.

Warm Compresses

Use a clean washcloth, dip in warm water, and apply to the ear for 10-15minutes. Make sure it is not too hot.

Feeding/ Swallowing

Swallowing actually helps open the eustachian tubes to relieve pressure (this is why sucking is recommended as a plane is changing altitude). In this case, you can achieve the same effect with smaller more frequent feeds, which may help if your child has nasal congestion anyway.

Minimize risk factors

Sometimes children with allergies can develop recurrent ear infections; talk to your doctor about managing the allergies (for example, with a nasal spray). Additional risk factors are discussed on the website.

Always talk to your pediatrician if you suspect an ear infection.

- In rare cases, ear infections can lead to serious complications.
- There is no evidence to support the use of garlic, olive oil, essential oils, or any other homeopathic products either orally or inserted into the ear canal. Don't do it!