



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

When to worry

<p>Low risk</p> <p>Likely coping okay; talk to your healthcare provider non-urgently to find the cause and create a plan to help your child feel more comfortable and recover well.</p>	<p>Intermediate risk</p> <p>Call your healthcare provider.</p>	<p>High risk</p> <p>This may be an emergency.</p>
<ul style="list-style-type: none"> • Skin is a normal colour and temperature to the touch • Responds normally to you • Content/smiles • Stays awake or awakens quickly • Strong normal cry/ not crying • Eyes appear normal • Inside of the mouth is moist 	<ul style="list-style-type: none"> • Age 3–6 months • Rectal temp. $\geq 39^{\circ}\text{C}$ • Fever for ≥ 5 days • Skin looks pale • Not responding normally • No smile • Wakes with stimulation • Decreased activity • Nostrils flaring during breathing • Eyes or inside of the mouth is dry • Poor feeding in infants • Reduced urine output • Swelling of a limb or joint 	<ul style="list-style-type: none"> • Age < 3 months • Skin looks ashen or blue • Purple spots or bruises • Not responding • Does not wake, or does not stay awake • Weak, high-pitched, or continuous cry • Continuous vomiting or diarrhea • Grunting • Strong effort to breathe • Excessive drooling or inability to swallow • Bulging fontanelle • Neck stiffness • Seizures