



3.3 Temperatures

The first factor to consider is that a baby's temperature range can vary quite widely over time. The part of the brain that controls temperature isn't fully developed in children. This means their temperature is more likely to go up or down very quickly.

What is a normal temperature, and how can you tell when your child is definitely unwell?

A normal temperature in children is about 36.4C but this does differ slightly from child to child. When it comes to a 'normal' temperature, every child is different, but generally any temperature above 37.5°C is classed as a fever (source: NHS).

You may be concerned that your baby has a fever if they:

- Feel hotter than usual to the touch – on their forehead, back or stomach
- Feel sweaty or clammy
- Have flushed cheeks

We know it's not always easy taking a baby's temperature, temperature in your child can be caused by the simplest things, even wearing too many layers on a hot day. But when your baby is suffering from a fever, it can be a sign that their body is fighting an infection.

Checking for a Temperature

We use an inner ear thermometer to test the child's temperature, using disposable tip covers which are thrown away after each use. The child's temperature will be recorded on a temperature record chart at ten minute intervals.

We will call the child's parents as soon as the child's temperature is seen as high, 37.5°C for us to be able to administer Paracetamol (Calpol) and for them to come and collect the child.

Always contact your GP, health visitor, practice nurse or nurse practitioner if:

- Your child has other signs of illness as well as a raised temperature.
- Your baby's temperature is 38C or higher (if they are under 3 months), or
- Your baby's temperature is 39C or higher (if they are 3 – 6 months)

Symptoms of Febrile Seizures (NHS Website)

The main symptom of a febrile seizure is a fit that occurs while a child has a fever.

Febrile seizures often occur during the first day of a fever, which is defined as a high temperature of 38C (100.4F) or above.

However, there appears to be no connection between the extent of your child's fever and the start of a seizure. Seizures can occur even if your child has a mild fever.

Simple Febrile Seizures

These can happen when there's a rapid rise in temperature and you may only realise your child is ill when they have a fit. Alternatively, they can occur as your child's temperature drops from a high level.

During simple febrile seizures:

- your child's body will become stiff and their arms and legs will begin to twitch
- they'll lose consciousness and they may wet or soil themselves
- they may also vomit and foam at the mouth and their eyes may roll back
- the seizure usually lasts for less than five minutes
- following the seizure, your child may be sleepy for up to an hour afterwards

Complex Febrile Seizures

These tend to last longer than 15 minutes, and the symptoms may only affect one area of your child's body. The seizure sometimes recurs within 24 hours or during the period in which your child is ill.

Seeking medical advice

You should take your child to hospital or dial 999 for an ambulance if:

- Your child is having a fit for the first time
- The seizure lasts longer than five minutes and shows no signs of stopping
- You suspect the seizure is being caused by another serious illness, for example meningitis.
- Your child is having breathing difficulties

Temperature Check:

Childs Name:	Reason of checking temperature:	Time /Temperature
Outcome from parents:		

When Calpol has been given, this form will be attached to the medicine form. If Calpol has not been provided it will be put in the child's folder.