

Prevent ear infections

“Most children will have at least one ear infection by the time they are 2 years old,” said Dr. Heather Gomes of the Boys Town National Research Hospital. “For those children who have recurring ear infections, further evaluation and treatment by an ear, nose and throat physician is recommended to avoid delays in speech and language skills.”

The top 5 tips to prevent ear infections –

1. Protect your child from secondhand tobacco smoke.
2. Reduce your child’s exposure to colds during the first 2 years of life as much as possible.
3. Breast-feed your baby during the first 6 to 12 months of life.
4. Bottle-feed your child by holding the bottle at a 45-degree angle.
5. Discuss with your doctor any significant symptoms such as excessive spitting up or stomach pain because this is a risk factor.

