

# UNDERSTANDING Pediatrics

*“What your pediatrician forgot to tell you...”*

- Once your child is born, it is not necessary for the hospital to take your baby to the nursery to be bathed and weighed.
- Also, while at the hospital, your baby does not necessarily need:
  1. a vitamin K injection.
  2. a hepatitis vaccine.
  3. eye drops to prevent infection.
  4. formula supplementation “just to be sure” in case you can’t produce breast milk.
  5. water supplementation if your baby is jaundiced.
- Babies who are breastfed are healthier than those who are artificially fed.
- Although car seats are critical while your baby is in a car, at all other times your child ought to be held close to your body in a soft carrier rather than being pushed around in a stroller.
- It’s healthy and often desirable to sleep with your baby.
- Your baby is probably not underweight, no matter what your pediatrician’s growth chart says.
- Milk is not an important source of calcium.
- Your child’s “misbehavior” may be an indicator of neurologic compromise from some type of trauma (C-section, normal birth process, breech position, in-utero constraint, early childhood falls/slips)
- Boys (and girls) who have trouble paying attention should not necessarily be medicated.
- Allergies and asthma can be prevented or helped considerably with methods other than medication.
- Eczema flare-ups should not be controlled simply by use of steroid creams.
- Ear infections can be prevented and are almost always the cause of immobility of the upper neck.
- Fever need not be controlled with fever-reducing medication. (Let the fever run its course - if fever is greater than 104 degrees for longer than 3 days, get a second opinion).
- Most childhood illnesses go away on their own, often faster without medication and provide the child with life-long immunity.
- No study has ever been done to prove that children who take the recommended vaccines on schedule are healthier than those who don’t. (The evidence actually suggests exactly the opposite of what we’ve been told over the last 2 decades)
- “Natural immunity” lasts a life-time, “synthetic immunity” lasts 8 years, maximum.
- Your child should get plenty of time in healthy sunshine.

**The WELLNESS POINTE**

**“Bringing Wellness  
Within Reach”**

