

10-Step Baby Fever Survival Checklist



for Indian Moms



- + Take the Temperature – 100.4°F (38°C) is a fever.
- + Don't Panic – Watch baby's behavior, not just numbers.
- + Offer Frequent Feeds – Keep baby hydrated with milk.
- + Give Paracetamol – Calpol/Crocin if doctor-approved.
- + Avoid Overdressing – Use light cotton clothes only.
- + Try Lukewarm Sponge Bath – Never use cold water.
- + Check for Red Flags – Rash, seizures, no pee, lethargy.
- + Use Traditional Remedies with Caution – No honey <1 year.
- + **Trust Your Mom Instinct – Always.**
- + Print & Keep This Handy – Diaper bag or fridge!

