

ALLERGIES IN CHILDREN



Dr Pramod G, MD (pediatrics) and managing director, Fernandez Foundation, answers all your questions on common allergies in children



1 How do I know if my 2-year-old daughter has any allergies?

Children with allergies usually have symptoms such as a runny nose, watery eyes, sneezing, cough, skin rashes, itching, and pain in the abdomen. Most of the common allergy symptoms occur due to exposure to pollen, nuts, pets (fur), dust mites, insect bites, environmental pollution, milk products, and seafood. While it is difficult to avoid exposure to most allergens, parents can keep a watch on the symptoms to identify the possible allergen.

Maintaining an allergy diary would help in most cases.

2 For about a month my toddler has been coughing at night. When I give her cough medicine, it stops. But she starts coughing again when I stop the medicine. What could be the reason? She doesn't have any other symptoms like fever or runny nose. What should I do?

If the cough is starting at night only after the child sleeps, it could be due to reflux or postnasal drip. Certain cough medicines can give relief. However, a proper evaluation by a pediatrician is necessary to identify the cause and suggest treatment. They may recommend a few bedtime practices or medicines. Coughs that are not related to reflux are usually triggered by exposure to certain irritants.

3 Whenever my 7-year-old son comes back from playing in the park, his eyes are red and watery. It subsides in an hour or so. Not sure of the reason. Should I consult a doctor?

This is most likely due to exposure to pollen, grass and other airborne allergens, which can lead to allergic conjunctivitis. If it's only seasonal and lasts for shorter durations, we could wait and watch for some time before consulting a doctor. But if it's happening too often or associated with other allergy symptoms like coughing, wheezing and eczema, consult a pediatrician or allergy specialist immediately.

4 My 14-year-old daughter gets rashes on her upper arms and neck area quite often. She says it happens whenever she gets bitten by a mosquito. Is this possible?

There is nothing to worry about, as these symptoms are possible after a mosquito bite. Some symptoms of mosquito bites include rashes, blisters, bumps and itching. Children have more severe symptoms compared with adults. These can be avoided by making your child wear protective clothing like dresses with long sleeves to cover the exposed areas of the body. You can use antihistamines and other creams for the relief of symptoms after consulting a pediatrician.

If you have queries related to skin and hair in kids, mail it to editorial@parentcircle.in and our expert will answer them for you.