

Texas Children's Parent Advice Line



832-824-1777



Texas Children's
Pediatric Associates
A subsidiary of Texas Children's Hospital
www.texaschildrenshospital.org/tcpa

How to Use the System

The Texas Children's Parent Advice Line is just one way we provide families with quality healthcare. **Texas Children's Parent Advice Line is not an emergency line.** It's a free information line that provides medical advice 24 hours a day on a wide variety of topics, including pediatric illnesses and injuries, general health and wellness and behavior-related problems.

Easy to Operate

The system is easy to operate. Simply call the Texas Children's Parent Advice Line at 832-824-1777. A message will prompt you to enter the appropriate code numbers for information you would like to access. Topic codes are listed here. Just enter the four-digit number and listen. If you need help with the system at any time, enter #1010 for instructions.



24 hours a day

See reverse side for
healthy children topics.

The Texas Children's Parent Advice Line should not be used to diagnose a health-related problem or as a substitute for a consultation with a physician.

If your child is having an emergency, call 911.

If you think your child needs to see a physician, call his or her doctor.

Basic Commands

- 2** **Back up** - To back up to the beginning of the message you are listening to, press **2** (or **B** for "back up") twice. To back up a little bit, hit **2** once.
- 4** **Go** - To hear another message at any time, press **4** or **G** for "go." You may access up to five topics during one call.
- #** **End** - To end your call, press the pound key. (#)

Sick Children Topics

Allergies

- 8324 Asthma: How to Use Inhalers
- 8325 Asthma: Treatment
- 8326 Eye Allergies
- 8327 Food Allergies
- 8328 Hay Fever
- 8329 Hives
- 8330 Preventing Allergies

Bone, Joint, & Muscle

- 8430 Growing Pains
- 8431 Leg Cramps

Brain & Nervous System

- 8440 Migraine Headaches
- 8441 Tension Headaches

Digestion

- 8400 Anal Fissure
- 8401 Constipation: Children
- 8402 Constipation: Infants
- 8403 Diarrhea: Treatment for Bottle-Fed Infants
- 8404 Diarrhea: Treatment for Breast-Fed Infants
- 8405 Diarrhea: Treatment for Children over 1 Year of Age
- 8406 Excessive Gas
- 8407 Stomachaches from Worrying
- 8408 Vomiting: Treatment for Bottle-Fed Infants
- 8409 Vomiting: Treatment for Breast-Fed Infants
- 8410 Vomiting: Treatment for Children over 1 Year Of Age

Ear

- 8350 Ear Congestion
- 8351 Ear Infections: How to Tell
- 8352 Ear Infections: Prevention
- 8353 Ear Infections: Treatment
- 8354 Ear Tubes: Who Needs Them

Sick Children Topics

- 8355 Ear Tubes: Swimming & Bathing
- 8356 Ear Wax Problems
- 8357 Pierced Ear Infections
- 8358 Pulling at Ears
- 8359 Swimmer's Ear

Eye

- 8340 Dark Circles under the Eyes
- 8341 Red or Pink Eyes
- 2510 Something in the Eye

Fever

- 8450 Fever: Definition
- 8451 Fever: Phobia & Fever Myths
- 2511 Fever: Infants & Toddlers
- 8453 Fever: Treatment

First Aid for Emergencies

- 8500 Burns
- 8501 Choking: the Heimlich Maneuver
- 8502 Seizures with Fever
- 8503 Seizures without Fever (Epilepsy)

Home Care Tips for Illnesses

- 8465 Bed Rest
- 8466 Calling Your Child's Healthcare Provider
- 2514 Getting Your Sick Child Back to Sleep
- 8468 How Infections Are Spread
- 8469 Humidifiers
- 8470 Judging the Severity of Your Infant's Illness
- 8471 Preventing Infections
- 8472 Subtle Emergencies Not to Miss
- 8473 Symptoms That Last Too Long
- 8474 When to Keep Your Child Home from School or Day Care
- 8475 When to Send Your Child Back to School or Day Care

Injuries

- 8489 Bone & Muscle Injuries
- 8490 Cuts & Scrapes
- 8491 Finger Injuries
- 8492 Head Injuries
- 8493 Mouth Injuries
- 8494 Puncture Wounds

Medicines

- 8480 Acetaminophen Dosage
- 8481 Benadryl Dosage
- 8482 Ibuprofen Dosage
- 8484 Medicines That Taste Bad: What to Do
- 8486 Overuse of Medicines
- 8483 Pills: Helping Children Swallow
- 8487 Safe Use of Medicines
- 8488 When Antibiotics Are Not the Answer

Sick Children Topics

Mouth & Throat

- 8380 Canker Sores (Mouth Ulcers)
- 8382 Sore Throats
- 8383 Strep Throat
- 8384 Toothache

Nose

- 8370 Blocked-Up Nose: Infants
- 8371 Colds: One Cold After Another
- 8372 Colds: the Facts
- 8373 Colds: Treatment
- 8374 Colds: When to Worry
- 8375 Nosebleeds
- 8376 Sinus Congestion
- 8377 Sinus Infections

Other Problems

- 8460 Altitude or Mountain Sickness
- 8461 Fatigue
- 8462 Menstrual Cramps
- 2521 Motion Sickness

Respiratory & Breathing

- 8390 Breathholding Spells
- 2513 Coughs
- 8392 Croup
- 2512 Influenza
- 8394 Noisy Breathing: Why?

Skin

- 8300 Acne
- 8301 Athlete's Foot
- 8302 Bee Stings
- 2520 Bug Bites
- 8304 Chicken Pox
- 8305 Dandruff
- 8306 Fifth Disease
- 8307 Frostbite
- 8308 Hand, Foot & Mouth Disease
- 2515 Lice
- 8310 Lyme Disease
- 2518 Poison Ivy or Oak
- 8312 Ringworm
- 2519 Small, Localized Rash
- 8314 Spider Bites
- 2517 Sunburn: Treatment
- 8316 Ticks: How to Remove Them
- 8317 Warts
- 8318 Wound Infections: Prevention

Urinary

- 8420 Frequent Urination
- 8421 Urinary Tract Infections: Prevention
- 8422 Urinary Tract Infections: Treatment

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See reverse side for sick children topics.



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Healthy Children Topics

Accident Prevention

- 8565 Animal Bites: Prevention
- 8566 Drowning: Prevention
- 8567 Electrical Shock: Prevention
- 8568 Falls & Head Injury: Prevention
- 8569 Hot-Weather Illness: Prevention
- 8570 Poisoning: Prevention
- 8730 Swimming for Toddlers
- 8731 Walkers: a Major Health Hazard

Eating: Problems of Older Children

- 8700 Appetite Slump in Toddlers
- 8560 Cow's Milk: the Facts
- 8703 Fast Food Myths
- 8704 Finicky Eaters
- 8702 Foods That Cause Choking
- 8705 Healthy Diet
- 8706 Junk Food Myth
- 8707 Keeping Mealtime Pleasant
- 8708 Low-Cholesterol Diet
- 8710 Overweight Preschoolers
- 8709 Overweight Preteens
- 8711 Overweight Teens
- 8712 Playing with Food
- 8713 Six Health Problems Relating to Diet
- 8714 Slow Eaters & Fast Eaters
- 8715 Snacks
- 8701 The Candy Myth
- 8716 The Vitamin Supplement Myth

Feeding: Babies

- 8650 Breast-Feeding & Medications
- 8651 Breast-Feeding: How to Improve Milk Supply
- 8652 Breast-Feeding: Is Your Baby Getting Enough?
- 8653 Breast-Feeding: Painful Breasts or Sore Nipples

Healthy Children Topics

- 8654 Breast-Feeding: Supplemental Formula or Water
- 8655 Breast-Feeding: Vitamins & Minerals
- 8656 Finger Foods
- 8657 Formulas: Choosing the Right One
- 8658 Formula Preparation & Feeding
- 8659 Night-Time Feedings: Newborns
- 8660 Overweight Babies: Prevention
- 8661 Solid Foods: What & When
- 8662 Spoon-Feeding Problems
- 8663 Weaning from the Bottle
- 8664 Weaning from the Breast
- 8665 Weaning Problems: Prevention

Health Promotion: Staying Well

- 8751 Baths: Too Much Soap
- 8575 Chicken Pox Vaccine
- 8752 Doctor Visits: Making Them Go Better
- 8576 Immunization Reactions
- 8577 Immunizations: 10 Recommended Ones
- 8578 Lead Poisoning: Prevention
- 8753 Second-Hand Smoke
- 8754 Shoes
- 8755 Skin Cancer: Prevention
- 8756 Stimulating Your Infant's Development
- 8757 Sunglasses: Preventing Cataracts
- 8750 Tooth Decay: Prevention (Baby Bottle)
- 8758 Tooth Decay: Prevention (Toddlers & Preschoolers)

Infant Care

- 8550 Crib Death: Prevention
- 8551 Diaper Rash
- 8552 Spitting Up
- 8553 Tear Duct, Blocked
- 8554 Teething Myths
- 8555 Thrush
- 8556 Umbilical Hernia

Newborn Care

- 8600 Circumcision Decision
- 8601 Colic: Home Treatment
- 8602 Colic: Myths
- 8603 Crying: What It Means
- 8604 Face Rashes
- 8605 Foreskin: Normal Care
- 8540 Jaundiced Newborn
- 8606 New Parent Exhaustion: Prevention
- 8607 New Parents: Common Worries
- 8541 Newborn Appearance
- 8542 Newborns: Normal Behavior & Reflexes
- 8543 Normal Skin Care
- 8608 Postpartum Blues

Healthy Children Topics

- 8609 Sibling Rivalry With Newborn
- 8544 Sleep Position
- 8545 Umbilical Cord Problems

Behavior - Discipline

- 8800 Biting
- 8801 Demands Constant Entertainment
- 8803 Guidelines for Consequences
- 8804 Guidelines for Setting Rules
- 8805 Hitting & Fighting
- 8806 "I Hate You"
- 8807 Interrupting You on the Telephone
- 8808 Interrupting Guests
- 8809 Lying
- 8802 "Mine": Won't Share Toys
- 8810 Misbehavior at the Supermarket
- 8811 Refusing to Get Dressed on Time
- 8812 Runs Away from You
- 8813 Saying "No" to Kids
- 8814 Screaming
- 8815 Siblings Who Argue & Fight
- 8816 Spanking
- 8817 Spoiled Kids: Preschoolers
- 8819 Spoiled Kids: Toddlers
- 8820 Stealing
- 8821 Stubborn Kids: Preschoolers
- 8822 Stubborn Kids: Toddlers
- 8823 Swearing
- 8824 Temper Tantrums: Toddler & Preschooler
- 8825 Terrible Twos
- 8826 Time-Out: the Best Response for Aggressive Behavior
- 8827 Time-Out: How to Give One
- 8828 Time-Out Refusal: School-Age Children
- 8829 Time-Out Refusal: Toddlers & Preschoolers
- 8830 Time-Out: When It Doesn't Work
- 8831 Unfastens the Seat Belt
- 8832 Whining

Behavior - Family Issues

- 8890 Christmas Time
- 8891 Divorce: Helping Children Cope
- 8892 Fears of Natural Disasters: Home Treatment
- 8893 Fears of Natural Disasters: Prevention
- 8894 Grandparents & Grandchildren
- 8895 Halloween
- 8590 Hanukkah
- 8896 Quality Family Time
- 8897 Santa Claus
- 8898 Thanksgiving

Other Behavior

- 8920 Masturbation: Toddlers & Preschoolers

Healthy Children Topics

- 8921 Nudity & Your Child
- 8922 Sex Education: Preschoolers
- 8923 Sexual Play: What's Normal
- 8924 Shyness
- 8925 Speech: Hard to Understand Speech
- 8926 Thumbsucking: Toddlers
- 8881 Tics & Facial Twitches

School Issues

- 8585 ADD: Educational Treatment
- 8855 ADD: Home Treatment
- 8586 ADD: How To Recognize
- 8587 ADD: Imitators
- 8588 ADD: Ritalin Treatment
- 8850 Hyperactivity & Sugar
- 8851 School Phobia
- 8852 School Underachiever: Preteen
- 8853 School Underachiever: Teen-agers
- 8854 Schoolwork: Teaching Responsibility
- 8856 Short Attention Span: Prevention in Preschoolers
- 8857 TV Dependency: Prevention
- 8858 Video Game Craze

Sleep Problems

- 8770 Bedtime Refusal
- 8771 Early-Morning Riser
- 8772 Night Terrors
- 8773 Nightmares
- 8774 Nightmares & Violent Movies
- 8775 Nighttime Awakening: Infants
- 8776 Nighttime Awakening: Toddlers
- 8580 Pacifiers
- 8777 Sleep Problems: Prevention
- 8778 Sleeping with the Parents: Infants
- 8779 Sleeping with the Parents: Toddlers & Preschoolers

Teen-agers

- 8875 Teen-agers: House Rules
- 8876 Teen-agers: No-Win Issues
- 8877 Teen-agers: Talking Back
- 8878 Teen-agers: Teaching Responsibility
- 8879 Teen-agers: What's Abnormal
- 8880 Teen-agers: What's Normal

Toilet Training / Bedwetting

- 8790 Bedwetting: Preschooler
- 8791 Bedwetting: Preteen
- 8792 Bedwetting: Teen-agers
- 8793 Toilet Training Made Easy
- 8794 Toilet Training Readiness
- 8795 Toilet Training Refusal