



PHOTOGRAPH BY WILLIAM SHEWELL ELLIS

The convalescent child presents a problem in entertainment

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WHEN YOUR CHILD MUST STAY IN BED

BY MARION L. FAEGRE

ard things a young ed upon to do is to l in bed when he is eel utterly helpless very sick child does ent, but the young- ing or who has been or two because his ch the development symptoms taxes her nce. How can she d quiet, and at the boredom?

solicitous attention that he becomes unduly spoiled. It is an interesting finding that children who have had a severe illness are a little more readily irritated, have more manifestations of temper, than children whose lives have been undisturbed by such occurrences. Second, there is the danger of making the times of convalescence so enjoyable that a child will sham sick in order to claim attention. Neither of these situations need arise if good sense, rather than sentimental flurry, is the order of the day. If possible, put the slightly sick child in a room with an east or south exposure, so that he may have the cheer of the morning sun. Again, nothing is more pleasant to a child than a change of scene. If there is another room available, and the child can be moved, it is a great treat to look upon new surroundings for an hour or so in the late afternoon. Such a change helps a child settle down for the night more contentedly than when he has been in one spot for twenty-four hours.

Things not essential to comfort or convenience, that only add to the mother's work, should be removed from the sick-room. Washable rugs are preferable, because there will be less irritation over almost unavoidable spillings. Substituting a sheet for a bedspread is another seemingly small thing that adds a lot to the child's contentment, through its contribution to his mother's peace of mind. Following as regular a routine as possible will be found by the busy mother to be a great help. Meals should be given

for several little cat naps during the day, instead of having things arranged for a regular nap period, it may mean a wakeful, fretful stretch at night, when his mother needs as many undisturbed hours as possible.

To the child whose mother is ingenious, the days of recovery need not drag endlessly. It would not be desirable, even if his mother could be with him all the time, for him to have someone to amuse him constantly. There are many ways in which even a very young child can entertain himself quietly. First of all, suggestions as to things the child may look at or listen to without moving at all. Pictures on the wall should be large enough and near enough so that he can examine them at ease. A screen near the bed may have attractive cutouts changed frequently. The phonograph, if the records are chosen carefully, will prove a boon. The radio, if used, should be controlled and sparingly used by the mother, and not left where the child can turn on exciting and noisy programs. A bird, provided the movement and suddenness of the song do not annoy the child, is a fine companion. Turtles, goldfish or horned toads provide opportunities for long and interesting observation.

There are also many things to do alone, that require a minimum of activity. With a pocket mirror a child can flash the sun into any corner of the room. A harmonica, castanets, a gourd rattle or other musical instrument that is not noisy; paper of various sorts, for scribbling, drawing and painting; pencils, crayons, paste and modeling clay should

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