



INTERLACHEN PEDIATRICS

Anemia

What is anemia?

Anemia means that the number of red blood cells in your child's body is below normal. Iron is needed for your child's body to produce red blood cells. Your child needs to eat more foods high in iron.

How can I take care of my child?

It is important for your child to take iron medicine every day.

- Make sure your child has something to eat before taking the medicine. This will help prevent upset stomach.
- Then give the iron medicine with orange juice. The juice helps to digest the iron and keeps your child's teeth from getting stained. (If teeth do become stained, brush with baking soda.)
- Iron can change the color of bowel movements. They may be greenish-black. This is harmless.
- Too much iron medicine can be dangerous. Keep it out of your child's reach.

What are the best foods for iron?

Make sure your child eats plenty of foods rich in iron. Meats, fish, and poultry have the most iron. Other foods high in iron are:

- Raisins
- Sweet potatoes
- Lima beans
- Kidney beans
- Pinto beans
- Green peas
- Peanut butter
- Enriched cereals and breads

When should my child see the doctor again?

Your child needs a repeat blood test in 1 week and again in 2 months to make sure your child is getting better.

Written by B.D. Schmitt, M.D., author of "Your Child's Health," Bantam Books.