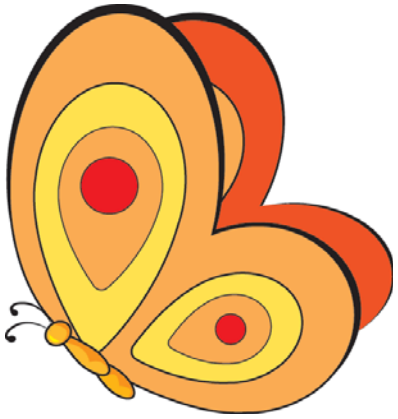

For more information about common chilhood ailments and Nurofen for Children, visit **www.mumschool.com**

NUROFEN® for Children

A new parents guide on how to cope with common childhood ailments

Nurofen for Children. For the relief of pain and fever. Contains ibuprofen. Always read the label. **Nurofen for Children can be used from 3 months old and weighing at least 5kg(11lbs).**

A parents guide on how to cope with common childhood ailments

Coping when your baby is ill is an inevitable part of the parenthood journey. Some of the time you will need advice and help from the GP, Pharmacist or other healthcare professional, but for many of them you can manage yourself at home.

This guide provides some basic advice about common childhood illnesses, when to seek medical advice, and medicines you can use to help your baby or child feel more comfortable.

Remember, if you are worried about your child's symptoms, always consult your GP or pharmacist

WHAT CAN YOU TREAT YOURSELF?	
Coughs and colds	Babies and children get a lot of colds, partly because their immune systems are not as developed as an adult's
Mild to moderate high temperature	Normal body temperature is 37°C. Temperatures up to 38.6°C can be treated at home
Teething	While teething is not an illness in itself, many babies find teething can be painful and can cause them to be feverish
Post-immunisation fever	Babies are often a little unsettled and feverish for a day or two after immunisations
Earache	Earache can be hard to spot as often there aren't any visible signs. However, you may notice your baby pulls or tugs at his ear a lot. See your GP if there is any discharge or if the pain appears to carry on for more than 2-3 days.
Mild diarrhoea/vomiting	...babies and young children can quickly become dehydrated, so keep a close eye on them.

When should you seek advice?

- If you are worried - you are the best judge of the seriousness of your child's condition
- Very high temperature / temperature which does not go down
- Rashes (other than nappy rash) - especially if the rash does not fade when a glass is pressed on it
- If your baby seems floppy, lifeless or unresponsive
- Breathing difficulties

Main causes of pain

Earache

The most common type of earache, or otitis media as it is called, tends to develop in children up to the age of eight. In fact, it's thought that about 20% of children under the age of four have at least one ear infection a year.
Signs of earache include:

- Pain and possibly fever	- irritability
- Discharge from the ear	- pointing or pulling at an ear

Teething and toothache

At around 4 to 6 months the teething process usually begins, however it can happen from birth through to some babies not producing their first teeth until after their 1st birthday.

Signs of teething

- Flushed cheeks	- Sensitive, red gums
- Dribbling and drooling	- Chewing and rubbing the gums
- Crying	- Restless nights
- Chewing on a rattle or their hands	

What can you do to help ease teething pains?

- Rub sore gums with a pain relieving teething gel such as bonjela Teething Gel (suitable from 2 months, always read the label)
- Let your baby bite on a cold teething ring - these can be cooled in the fridge (never freeze)
- If you believe the pain is very bad, especially at night, you can give your baby pain relief - ibuprofen based formulas can help soothe teething pains

Cough and sore throat

Coughs and sore throats are two of the most common childhood illnesses. So it's likely that your baby will get one, the other or both at some point in their life.

What are the symptoms of a cough/sore throat?

Different types of cough have different types of symptoms:
- Cold and flu coughs usually come with a stuffy, runny nose
- A more severe type of croup may occur with distress and temperature

Immunisations

Most babies and children bounce back from their injections and suffer very few problems or ill effects. If your child is sore at the site where the injection was given, has a fever or is irritable your doctor may rcommend a dose of ibuprofen or paracetamol.

Did you know?

- Nurofen for Children starts to work in just 15 minutes to relieve fever
- Relieves fever for up to 8 hours – which is up to 2 hours longer than paracetamol based products
- Nurofen for Children is the UK's best-selling ibuprofen suspension
- Available in a choice of flavours – orange and strawberry
- Sugar and colour free
- Comes with a unique easy dosing device, which helps make giving the correct dose to your child simple

Nothing will relieve your baby's fever faster or for longer than Nurofen for Children.

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