



Caring For Your Child

Knowing how to properly care for your child at any given age can be confusing.

At University Hospitals Rainbow Babies & Children's, we want to help and support parents through every stage of their child's development and put to rest any uncertainties they may have.

With our Healthy Milestones Guidelines, we provide the most up-to-date, pediatrician-approved information about caring for children at every age, from newborn to teenager.

Our guidelines include information about what you can expect your child to achieve at every stage of life and includes advice on the following important topics:

- Growth & development milestones
- Nutrition
- Sleep
- Safety
- Social development
- Discipline
- Parenting topics
- General health and wellness

Healthy Milestones information is available for children at the following ages:

Newborn	15 Months	5 Years
2 Months	18 Months	6 – 8 Years
4 Months	2 Years	9 – 11 Years
6 Months	2½ Years	12 – 14 Years
9 Months	3 Years	15 – 18 Years
12 Months	4 Years	



Visit UHRainbow.org/HealthyMilestones for more information and to view our guidelines for your growing child.



Pediatric Drug Dosage Information

Indications: Treatment of fever and pain.

Dosage: Determine by finding child's weight in the top row of the dosage table.

Acetaminophen (Tylenol, etc.) - Dosage									
Child's Weight	6 – 11 lbs.	12 – 17 lbs.	18 – 23 lbs.	24 – 35 lbs.	36 – 47 lbs.	48 – 59 lbs.	60 – 71 lbs.	72 – 95 lbs.	Over 96 lbs.
Syrup (Oral Suspension): 160 Mg/5 Milliliters (ML)	1.25	2.5	3.75	5	7.5	10	12.5	15	–
Chewable 80 Mg Tablets	–	–	1½	2	3	4	5	6	8
Chewable 160 Mg Tablets	–	–	–	1	1½	2	2½	3	4
Adult 325 Mg Tablets	–	–	–	–	–	1	1	1½	2
Adult 500 Mg Tablets	–	–	–	–	–	–	–	1	1

Table Notes:

Caution: in may 2011, a move to one standard concentration (160 mg/5 ml) of liquid acetaminophen medicine for infants and children was announced. Up until this point, there have been mainly 2 concentrations: 80 mg/0.8 ml (infant concentrated drops) and 160 mg/5 ml (children's liquid suspension or syrup). During this transition period, both old and new concentrations of infant acetaminophen may be available on store shelves and in your home. Before selecting a dose, please check your infant package carefully to find the concentration. Then select the dosage according to the correct concentration and child's weight. **Age Limit:** don't use under 12 weeks of age unless directed by child's doctor. (Reason: fever during the first 12 weeks of life needs to be documented in a medical setting and if present, your infant needs a complete evaluation). Exception: fever starting within 24 hours of immunization if child is 8 weeks of age or older. Avoid multi-ingredient products in children under six years of age (reason: fda recommendations 1/2008). **Measuring The Dosage:** syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medicine. If not, medicine syringes are available at pharmacies. If you use a teaspoon, it should be a measuring spoon. Regular spoons are not reliable. Also, remember that 1 level teaspoon equals 5 ml and that ½ teaspoon equals 2.5 ML. **Frequency:** repeat every four to six hours as needed. Don't give more than five times a day. **Adult Dosage:** 650 mg. **Brand Names:** tylenol, feverall (suppositories), generic acetaminophen **Meltaways:** dissolvable tabs that come in 80 mg and 160 mg (junior strength). **Suppositories:** acetaminophen also comes in 80, 120, 325 and 650 mg suppositories (the rectal dose is the same as the dosage given by mouth). **Extended-Release:** avoid 650 mg oral products in children (reason: they are every 8-hour extended-release)

Ibuprofen (Advil, Motrin etc.) - Dosage								
Child's Weight	12 – 17 lbs.	18 – 23 lbs.	24 – 35 lbs.	36 – 47 lbs.	48 – 59 lbs.	60 – 71 lbs.	72 – 95 lbs.	Over 96 lbs.
Infant Drops 50 Mg/1.25 ML	1.25	1.875	2.5	3.75	5	–	–	–
Liquid 100 Mg/5 Milliliters (ML)	2.5	4	5	7.5	10	12.5	15	20
Chewable 50 Mg Tablets	–	–	2	3	4	5	6	8
Junior-Strength 100 Mg Tablets	–	–	–	–	2	2½	3	4
Adult 200 Mg Tablets	–	–	–	–	1	1	1½	2

Table Notes:

Age Limit: don't use under 6 months of age unless directed by child's doctor. (Reason: safety not established and doesn't have fda approval). Avoid multi-ingredient products in children under 6 years of age (fda recommendations 1/2008). **Measuring The Dosage:** syringes and droppers are more accurate than teaspoons. If possible, use the syringe or dropper that comes with the medication. If not, medicine syringes are available at pharmacies. If you use a teaspoon, it should be a measuring spoon. Regular spoons are not reliable. Also, remember that 1 level teaspoon equals 5 ml and that ½ teaspoon equals 2.5 ML. **Ibuprofen Drops:** ibuprofen infant drops come with a measuring syringe. **Frequency:** repeat every six to eight hours as needed. **Adult Dosage:** 400 mg. **Brand Names:** motrin, advil, generic ibuprofen.



Scan to learn more:
UHRainbow.org/Dosage

