

Parents' Survival Sheet

Medication Dosages

Weight (Pounds)	Tylenol (acetaminophen) Infant Drops (ml)	Children's Tylenol Suspension (tsp) Every 4-6 hours	Motrin (Ibuprofen) Infant Drops (ml)	Children's Motrin Suspension (tsp) Every 6-8 hours
6	0.4	-	-	-
11	0.8	½	1.25	½
17	1.2	¾	1.875	¾
22	1.6	1	2.5	1
28	-	1 ¼	-	1 ¼
33	-	1 ½	-	1 ½
40	-	1 ¾	-	1 ¾

Tylenol and Motrin can be used together. In general, Motrin lasts longer and works better, but can cause stomach upset. To treat a high fever, give proper dose of Motrin every 6 hours and then give Tylenol if the fever or pain comes before Motrin is due.

Vomiting...

- Is not good when applied to carpets or small pets
- Is best treated with clear liquids (Pedialyte, Gatorade, etc) for first 12 hours, then slowly add back regular fluids
- Is most dangerous in that it can cause dehydration, so if your child's urine output is decreased or if the mouth is dry, have them seen
- Is especially cruel after grape juice
- Bland food is best (BRAT diet: Bananas, Rice, Applesauce, Toast). No pecan pie.
- Cleaning with ½ Strength white vinegar can help with the smell.

Diarrhea...

- Is even worse when applied to carpets or small pets
- Can cause dehydration quickly, so give plenty of fluids.
- Bottle-fed babies may benefit from soy formula
- Avoid milk or juices, as they can make things worse
- Use BRAT diet, but can also give Yogurt (BRATY)
- Don't give medication for it unless directed by your doctor.
- Avoid long car trips and formal dinner parties (unless you are especially mean-spirited)
- Call for any blood in the stool.

Are Immunizations Dangerous?

There is nothing that is 100% safe, but we strongly believe it is more dangerous to withhold immunizations than to give them. We would never give your child any treatment that we felt would harm them. None of the doctors or staff in our office has chosen to withhold immunizing our children.

Here are some facts about the diseases immunizations prevent:

- Children still get whooping cough (pertussis) and it can be dangerous
- Unimmunized (or under-immunized) children have died from HIB (h. influenza) disease recently
- MMR has been studied and we believe there is no evidence of a link to autism
- The preservative Thimerosal has also been studied, and there has never been anything to suggest a link between it and autism
- If there is a grand conspiracy to fool the public, then we are not in on it. In that case it may be good to check in your back yard for Elvis or Bigfoot. Really, we are not being paid by the vaccine manufacturers to write this. Have you seen the cars we drive??

Fever Facts

1. An "official" fever is a temperature over 100.4 F
2. Don't add or subtract degrees, just tell us how you took the temperature
3. Sweet Tea is not a cure for fever
4. Use rectal thermometers in children 4 months old or less (it's much more accurate, though less popular)
5. Fever is not dangerous by itself. It doesn't cause brain damage or seizures in normal children
6. Scientists have never discovered why fevers mysteriously go away when entering a doctor's office
7. Any child under 4 months with a fever should be brought in to the office. Under 2 months do it immediately (emergency room if at night)
8. Tylenol and Motrin can be given together if needed
9. Putting child in the bath tub is not necessary; but if you do it, use lukewarm water, not cold water.
10. Fever was not invented by doctors for job security.

Antibiotics

- Are dangerous if used carelessly. If they are used when they are not needed, they may not work when they are.
- Children don't become "immune" to an antibiotic. If one is used and doesn't work, it may work at a later date (as long as enough time has passed). It's the nature of the bacteria that determines if an antibiotic works, not the child.
- Don't ask for one "because last time this turned into a sinus infection." Each illness must run its course.
- Antibiotic prescriptions will not be called in over the phone except for the case of direct exposure to strep throat diagnosed in our office.
- Should never be given without direction from your doctor.