

Fever in Infants and Children: Fever by itself is not an illness, but a sign that the body is fighting an infection or reacting to a stimulus. Infants tend to have higher normal temperatures than older children. Give your infant or child acetaminophen or ibuprofen according to their weight if he/she has a fever. If the fever lasts more than 3 days see your doctor or nurse practitioner.

Normal Temperature: 36.5-37.5 C (97.7-99.5 F)

Infant Acetaminophen (Tylenol): 80mg/1mL Infant Drops – may be repeated every 4-6 hours

Weight lbs	Weight kg	Dosage mL
6-11 lbs	2.5-5.4 kg	See doctor for dosing
12-17lbs	5.5-7.9 kg	1 mL
18-23 lbs	8-10.9 kg	1.5 mL

Infant Ibuprofen (Advil): 200mg/5mL Oral Suspension – may be repeated every 6-8 hours

Weight lbs	Weight kg	Dosage mL
12-17.5 lbs	5.5-7.9 kg	1 mL
18-23 lbs	8.0-10.8 kg	1.4 mL
24-35 lbs	10.9-15.9 kg	3.0 mL

Children’s Acetaminophen (Tylenol): 160mg/5mL Liquid Suspension – may be repeated every 4-6 hours

Weight lbs	Weight kg	Dosage mL
24-35 lbs	11-15.9 kg	5 mL
36-47 lbs	16-21.9 kg	7.5mL
48-59 lbs	22-26.9 kg	10 mL
60-71 lbs	27-31.9 kg	12.5mL
72-95 lbs	32-43.9 kg	15 mL

Children’s Ibuprofen (Advil): 200mg/5mL Oral Suspension – may be repeated every 6-8 hours

Weight lbs	Weight kg	Dosage mL
24-35 lbs	10.9-15.9 kg	6 mL
36-47 lbs	16-21.3 kg	10 mL
48-59 lbs	21.4-26.7 kg	12.5 mL
60-71 lbs	26.8-32.5 kg	15 mL
72-95 lbs	32.6-43 kg	19 mL

Diaper Rash: Diaper rash can occur if the diapers are too tight, if diapers are left on too long , if the child has diarrhea, if there is an irritation from certain soaps, diapers or wipes.

To help the rash wash the skin with plain water after each diaper change, dry completely. Allow the child's bottom to air dry 15 mins 4x/day. Stop using any powders or creams. If the rash does not improve within 5 days see your doctor or nurse practitioner.

Immunizations

Immunizations are important to prevent diseases. The following website has more information about immunizations.

<http://www.health.gov.on.ca/english/public/pub/immun/immunization.html>

Immunization Schedule (cut/copy from MOH website)

Infant Weight Gain

Infants often lose weight within the 1st few days after birth. By the time the infant is 2 weeks old he/she should be back up to his/her birth weight. Babies will most often double their birth weight by 6 months and triple it by 12 months.

Local Activities

Prenatal Classes

Free e-learning and free face to face prenatal classes offered through the Chatham-Kent Public Health Unit.

<http://www.chatham-kent.ca/community+services/Public+Health/pregnancy+and+infant+care/prenatal+services/eLearning+Prenatal+Program.htm>

Call 519-352-7270 x 2416 to register.

Mommy and Baby Fitness

Variety of classes offered in Chatham and Blenheim.

<http://www.mommyandbabyfitness.com/schedule.htm#windsor>

Ontario Early Years Centre

Offer baby weigh in's by a Public Health Nurse 3x/week. Offer a variety of parenting programs and children's activities. Various centres located throughout Chatham-Kent.

<http://site.ckoeyc.ca/>