

Allergies and insect bites:



Keep antihistamine medicines in the house to deal with hay fever and food allergies. Check with your pharmacist that the antihistamine is suitable for children, and that you're aware of the correct dosage. Liquid antihistamines are available.

Antihistamine cream will soothe an insect bite. Antihistamine eye drops or sodium cromoglicate can soothe red and inflamed eyes. Seek advice from your pharmacist before using these.

If your child has a history of anaphylactoid reactions to certain foods, your GP may prescribe an adrenaline injector pen. An anaphylactic reaction can occur after eating a range of foods, for example, nuts and shellfish. During a reaction, the lips and tongue usually swell, and breathing can become difficult.

Coughs & Colds: Parent/carers are now advised to no longer use over the counter (OTC) cough medicines for children under 6 years of age. According to MHRA, there is no evidence that they work and can cause side effects such as allergic reactions, effects on sleep and hallucinations.

Coughs and colds are self limiting conditions and will usually better themselves through children drinking plenty of fluids and getting plenty of rest. Paracetamol and Ibuprofen can also be used to reduce a child's temperature. For babies, particularly having difficulty, nasal saline drops are available to help thin and clear nasal secretion. With children over 1 year, a warm drink of lemon and honey will help to ease a cough. If your child is not getting better after 5 days or is struggling to breath see your GP as they may require prescribed medication.

Other types of Medication:



Herbal: Parents are advised not to use unlicensed children's medicine. The MHRA stress that, "Just because it is 'natural' does not mean that it is 'safe'." If you buy herbal products, check the label for a 'THR' number. This shows it is part of the MHRA traditional herbal registration scheme and means that it is safe. Visit the MHRA website for more information. <http://www.mhra.gov.uk/#page=DynamicListMedicines>

Rehydration Salts: These are often given to children who have suffered persistent diarrhoea and vomiting as a result of gastroenteritis. Most cases resolve themselves within a few days, without the need for medical treatment, or by managing their daily diet. Parents should ensure their child drinks plenty of water. On advice from a GP or pharmacist a sachet of rehydration salts, mixed with water will help replace vital sugars and salts in the body, and help keep your child rehydrated.

Safety First! Remember to always let the nursery know on arrival if your child has been given any form of medication prior to their arrival at nursery. Always keep medication out of the reach of all children.



Remember! Paracetamol does not cure grumpiness!

Useful web links:

<http://www.medicinesforchildren.org.uk/>

<http://www.dailymail.co.uk/health/article-2063812/Cut-Calpol-New-guidelines-instruct-parents-slash-childrens-paracetamol-doses-half.html>

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Polly Anna's Day
Nursery: Parent Info



Managing Medicines



Coughs, colds, stomach bugs, teething pain are all part of children growing up.



Your pharmacist will always answer any questions you have about medicines. If you or your child ever have problems with medicines you've taken, consult a health professional.

Remember, if you're worried about your child, trust your instincts. Speak to your GP or call NHS Direct on 0845 4647 or visit www.nhsdirect.nhs.uk

For your nearest Pharmacy text 'pharmacy' to 64746

For walk-in medical assistance visit the A&E department at York District Hospital

Pain relief and raised temperature:

For minor aches and pains, or a raised temperature, keep a bottle of a liquid Paracetamol at home. The dosage will be clearly stated on the packaging. Never exceed the stated dose. If in doubt about the dosage, ask your pharmacist.

Ibuprofen helps to relieve pain and reduce temperature. It's available in liquid form. Some children with asthma may see their symptoms get worse if they take ibuprofen. Consult your pharmacist about this if your child has asthma. Ibuprofen shouldn't be given to a child on an empty stomach.

Never give aspirin to a child under 16, because aspirin is linked to a rare childhood disorder called Reye's syndrome. No medicine that's sold as suitable for children will contain aspirin.

Keep a thermometer handy for when your child has a high temperature.

Measured with a thermometer under the arm, normal body temperature is around 36.4°C (97.4°F).

With children under five, always measure temperature under the arm. Measured under the tongue, normal temperature is slightly higher: around 37°C (98.4°F). This may vary a bit.

Digital thermometers are quick and accurate. But a conventional thermometer placed under the arm may be easier to use on toddlers. Ear thermometers take temperature quickly and don't disturb the child, but they're expensive. They can give low readings when not placed properly in the ear, so read the instructions thoroughly.

A fever (high temperature) is:

- In children under five, a temperature of 37.5°C (99.5°F) or above



Dosage guidance for liquid Paracetamol :

Child's Age:	Condition (s) for treatment:	How much to give:	How often: (in 24 hours)
2-3 months	1: post vaccination fever 2: other causes of pain or fever if your baby weighs over 4kg & was born after 37 weeks	2.5 ml	Usually only once. However, if necessary, after 4-6 hours a second 2.5 ml dose may be given

⇒ Do NOT give to babies less than 2 months old

⇒ Do NOT give more than 2 doses in 24 hours

⇒ Leave at least 4 hours between doses

⇒ If further doses are needed talk to your GP or Pharmacist.

Child's Age:	Condition (s) for treatment:	How much to give:	How often: (in 24 hours)
3-6 mths	Pain/ and or fever	2.5 ml	4 times
6-24 mths	Pain/ and or fever	5 ml	4 times
2-4 yrs	Pain/ and or fever	7.5 ml	4 times
4-6 yrs	Pain/ and or fever	10 ml	4 times

⇒ Do NOT give more than 4 doses per 24 hours

⇒ Do not give this medication for more than 3 days without speaking to your GP or pharmacist.

Fever Phobia: Fevers in young children are usually caused by viruses and will go away without medication and without causing any damage. A high temperature is the body's natural 'fighting mechanism' to battle against a virus or infection. Therefore giving medicine will only suppress the symptoms, not cure the cause. Dr Farrar (paediatrician) advises that most fevers don't need treatment, in a report featured in the Mail-online (1/3/2011) visit...

<http://www.dailymail.co.uk/health/article-1361331/Parents-warned-using-paracetamol-ibuprofen-children-mild-fevers.html>



Dr Farrar believes that parents tend to 'over react' or panic and states that Children should not be woken from their sleep to be given medication.

Polly Anna's believes that if a child is poorly or unwell, the best place for them is to be at home with their parents or carers, receiving one to one supervision, and the peace, comfort and



care they need. Cuddles, sleep and plenty of fluids is usually the best medicine for young children.

WARNING: 'Double Dosing' Many parents give their child a mix of Paracetamol and Ibuprofen. The NHS do not recommend this unless advised by a pharmacist or your GP. Remember to keep a record of the doses you give within a 24 hour period as double dosing can lead to over dosing!