

Headache

It's normal to feel worried when your child has a headache, but mild headaches are common in children. Here are some ways to help your child feel better.



Know your child's triggers and try to limit them

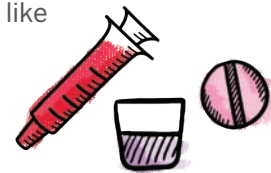
These are some common causes of headaches in children:

- Certain foods
- Lack of sleep
- Needing glasses
- Not drinking enough water
- Stress
- Hunger or skipped meals
- Cold, flu, or other virus



Get relief at home

- Give your child a glass of water
- Offer fruit juice or food if your child is hungry
- Have your child lie down and rest in a dark, quiet place
- Put a cold pack or cold wet washcloth on their forehead for 20 minutes; repeat as needed
- Stretch and massage any tight neck muscles
- Try a pain relief medicine like TYLENOL® or MOTRIN®



Give the right dose at the right time

- Always read and follow the label on all TYLENOL® and MOTRIN® products
- See the other side of this sheet for the right dosage for your child



When to call your doctor

- The headache gets really bad
- Your child throws up
- The headache lasts more than 24 hours
- You are giving medicine for headaches often
- You are worried or have questions or concerns about your child's health



Dosage On Call

Dosage for children and young adults from your healthcare professional

DOSE: Every 4 hours as needed.
Do not give more than 5 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.
 Do **NOT** use with any other product containing acetaminophen.

DOSE: Every 6-8 hours as needed.
Do not give more than 4 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.

*Nonsteroidal anti-inflammatory drug.






mL = milliliter



Children's TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in:  Grape  Cherry  Dye-Free Cherry  Bubblegum  Strawberry

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL 






Use product only as directed.



Children's MOTRIN® Oral Suspension

Active ingredient: ibuprofen (NSAID)* 100 mg (in each 5 mL)

Available in:  Grape  Berry  Dye-Free Berry  Bubble Gum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL 






Use product only as directed.



Children's TYLENOL® Chewables

Active ingredient: acetaminophen 160 mg (in each chewable tablet)

Available in:  Grape  Bubblegum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets 






Use product only as directed.



Children's MOTRIN® Chewables

Active ingredient: ibuprofen (NSAID)* 100 mg (in each chewable tablet)

Available in:  Grape  Dye-Free Grape

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets 




Use product only as directed.



Children's TYLENOL® Dissolve Packs

Active ingredient: acetaminophen 160 mg (in each powder)

Available in:  Wild Berry

WEIGHT	under 48 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	under 6 years	6-8 years	9-10 years	11 years
DOSE	do not use	2 powders 	2 powders 	3 powders 

Use product only as directed.

All Children's TYLENOL® products have the same strength of acetaminophen: 160 mg (in each 5 mL, tablet, or powder).

IMPORTANT INSTRUCTIONS FOR PROPER USE

Today's date: _____

This dosing recommendation from your healthcare professional will expire in **14 DAYS**.

- Always read and follow the label on all TYLENOL® and MOTRIN® products.
- Use only the dosing device (dosing cup) that came with the product. Do not use any other dosing device.



TYLENOL® Regular Strength Tablets

Active ingredient: acetaminophen 325 mg (in each tablet)

Ask a doctor for dosage for children under 6 years.

AGE	Children 6 years to under 12 years	Adults and children 12 years and over
DOSE AND FREQUENCY	1 tablet every 4 to 6 hours while symptoms last	2 tablets every 4 to 6 hours while symptoms last
MAXIMUM LABELED DOSE	Not to exceed 5 tablets in 24 hours	Not to exceed 10 tablets in 24 hours, unless directed by a doctor Total labeled daily dose: 3250 mg

Use product only as directed.



MOTRIN® IB Liquid Gels and MOTRIN® IB Caplets

Active ingredient: ibuprofen (NSAID)* 200 mg (in each capsule)



AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 capsule or caplet every 4 to 6 hours while symptoms last; if pain or fever does not respond to 1 capsule or caplet, 2 capsules or caplets may be used
MAXIMUM LABELED DOSE	Not to exceed 6 capsules or caplets in 24 hours, unless directed by a doctor Total labeled daily dose: 1200 mg

Use products only as directed.