

types of pain

Earache

The most common type of earache, or otitis media as it is called, tends to develop in children up to the age of eight. In fact, it's thought that about 20% of children under the age of four have at least one ear infection a year.

Cough and sore throat

Coughs and sore throats are two of the most common childhood illnesses. So it's likely that your baby will get one, the other or both at some point in their life.

Teething and toothache

At around **4 to 6 months** the teething process usually begins, however it can happen from birth through to some babies not producing their first teeth until after their 1st birthday.

One treatment that you can trust to help with your baby's teething pain is **bonjela Teething Gel**.

Specially formulated for use on teething babies from 2 months and over, this best-selling gel provides effective, soothing relief from teething pain.



Effective relief from teething pain. Specially formulated from 2 months old. Always read the label.



For more information on immunisations, fever and Nurofen for Children, visit www.mumschool.com

NUROFEN[®]
for Children



A new Parents guide to immunisations and fever



"A time of great discovery"



Nurofen for Children. For the relief of pain and fever. Contains ibuprofen. Always read the label. **Nurofen for Children can be used from 3 months old and weighing at least 5kg (11lbs).**

CONGRATULATIONS! YOU'RE A MUM!



Chances are you're a little bit tired, a little bit emotional and very much in awe of your newborn. It's also a time of great discovery for both you and your baby.

Like all new mums you've probably got hundreds of questions on how to look after your newborn. To help you on your way, mumschool.com offers you some straightforward information and advice about how to cope with everyday illnesses in your baby.

We've also produced this easy to understand guide on immunisations and fever.

Enjoy the journey!

What is an immunisation?

An immunisation is a way of protecting against serious diseases. Once your baby has been immunised they are more able to fight those diseases if they come into contact with them.

Why do we need immunisations?

Our bodies have a natural defence system against disease – this is called the immune system. The immune system produces substances called antibodies which usually fight off infection and prevent disease. However, there are some diseases that can cause lasting damage to children's health. Immunisations are given to strengthen your child's immune system to fight off those diseases if they come into contact with them.

When should your baby be immunised?

Your baby should have their first immunisation at two months old. They will be given further doses of these immunisations when they are three months old and four months old. Other immunisations are given at around 13 months old, then between three and five years of age (before your child starts school), and in their teenage years.

WHEN TO IMMUNISE	WHAT VACCINE IS GIVEN	HOW IT IS GIVEN
Two, three and four months old	Diphtheria, tetanus, pertussis (whooping cough), polio and Hib (DTaP/IPV/Hib)	One injection
	MenC	One injection
Around 13 months old	Measles, mumps and rubella (MMR)	One injection
Three years four months to five years old	Diphtheria, tetanu, pertussis and polio (dTaP/IPV or DTaP/IPV)	One Injection
	Measles, mumps and rubella (MMR)	One injection
Ten to 14 years old	BCG (against tuberculosis)	Skin test then, if needed, one injection
Thirteen to 18 years old	Tetanus, diphtheria and polio (Td/IPV)	One injection

How will you know when your baby's immunisations are due?

Your doctor's surgery or clinic will send you an appointment for you to bring your baby for immunisation. It is important that your baby has their immunisation at the right age. This will help keep the risk of your baby catching these diseases as low as possible.

What happens at the appointment?

The doctor or nurse will explain the immunisation process to you, and answer any questions you have. The vaccine will be given by injection into your baby's thigh or upper arm.

fever relief

A fever may occur following your child's immunisations because vaccines contain small amounts of the agent they are designed to protect against. Your baby's body temperature is normally between 36 and 37°C, and variations of between 0.5 and 1 degree are not uncommon within a day. A fever is an abnormally high temperature i.e. above 38°C

How to treat a fever:

- 1) Keep your child cool by:
 - Making sure they don't have too many layers of clothes or blankets on, and
 - giving them plenty of cool drinks
- 2) Give them infant paracetamol or ibuprofen liquid. Read the instructions on the bottle carefully and give the correct dose for your child's age.

When should you be concerned about a fever?

Speak to your doctor or call NHS direct on 0845 46 47. Call the doctor immediately if your baby:

- Has a temperature of 39°C
- Has a fit

If the surgery is closed and you can't contact your doctor, go to the emergency department of your nearest hospital

Why Nurofen for Children?

Nurofen for Children is a first port of call for thousands of parents. It contains ibuprofen, which, according to a recent study¹, can be used as a first-line treatment for fever reduction



Did you know?

- Nurofen for Children starts to work in just 15 minutes to relieve fever
- Relieves fever for up to 8 hours – which is up to 2 hours longer than paracetamol based products
- Nurofen for Children is the UK's best-selling ibuprofen suspension
- Available in a choice of flavours – orange and strawberry
- Sugar and colour free
- Comes with a unique easy dosing device, which helps make giving the correct dose to your child simple

Nothing will relieve your baby's fever faster or for longer than Nurofen for Children.

Nurofen for Children. For the relief of pain and fever. Contains ibuprofen. Always read the label. **Nurofen for Children can be used from 3 months old and weighing at least 5kg(11lbs).**

1. hay, AD et al, 2008. Paracetamol plus ibuprofen for the treatment of fever in children (PITCH): Randomised Controlled Trial. BMJ 2008; 337: a 1302

