



Bright Futures Parent Handout 4 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Getting Ready for School

- Ask your child to tell you about her day, friends, and activities.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let her choose books.
- Give your child plenty of time to finish sentences.
- Listen to and treat your child with respect. Insist that others do so as well.
- Model apologizing and help your child to do so after hurting someone's feelings.
- Praise your child for being kind to others.
- Help your child express her feelings.
- Give your child the chance to play with others often.
- Consider enrolling your child in a preschool, Head Start, or community program. Let us know if we can help.

DEVELOPING HEALTHY PERSONAL HABITS

Healthy Habits

- Have relaxed family meals without TV.
- Create a calm bedtime routine.
- Have the child brush his teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse his mouth with water.

Safety

- Use a forward-facing car safety seat or booster seat in the back seat of all vehicles.
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for her car safety seat, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat.
- Never leave your child alone in the car, house, or yard.
- Do not permit your child to cross the street alone.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Supervise play near streets and driveways.

SAFETY

What to Expect at Your Child's 5 and 6 Year Visits

We will talk about

- Keeping your child's teeth healthy
- Preparing for school
- Dealing with child's temper problems
- Eating healthy foods and staying active
- Safety outside and inside

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

Your Community

- Stay involved in your community. Join activities when you can.
- Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.
- Know that help is available if you don't feel safe.

TELEVISION AND MEDIA

TV and Media

- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.

CHILD AND FAMILY INVOLVEMENT AND SAFETY IN THE COMMUNITY



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Important Milestones By The End Of 4 Years (48 Months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. The developmental milestones below will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child takes a slightly different course.

Social

- Interested in new experiences
- Cooperates with other children
- Plays "Mom" or "Dad"
- Increasingly inventive in fantasy play
- Dresses and undresses
- Negotiates solutions to conflicts
- More independent

Emotional

- Imagines that many unfamiliar images may be "monsters"
- Views self as a whole person involving body, mind, and feelings
- Often cannot tell the difference between fantasy and reality

Cognitive

- Correctly names some colors
- Understands the concept of counting and may know a few numbers
- Tries to solve problems from a single point of view
- Begins to have a clearer sense of time
- Follows three-part commands
- Recalls parts of a story
- Understands the concepts of "same" and "different"
- Engages in fantasy play

Language

- Has mastered some basic rules of grammar
- Speaks in sentences of five to six words
- Speaks clearly enough for strangers to understand
- Tells stories

Movement

- Hops and stands on one foot up to five seconds
- Goes upstairs and downstairs without support
- Kicks ball forward
- Throws ball overhand
- Catches bounced ball most of the time
- Moves forward and backward with agility

Hand and Finger Skills

- Copies square shapes
- Draws a person with two to four body parts
- Uses scissors
- Draws circles and squares
- Begins to copy some capital letters

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range.

- Cannot throw a ball overhand
- Cannot jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot stack four blocks
- Still clings or cries whenever parents leave
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset
- Cannot copy a circle
- Doesn't use sentences of more than three words
- Doesn't use "me" and "you" correctly
- Experiences a dramatic loss of skills he or she once had

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www.cdc.gov/actearly



Learn the Signs. Act Early.

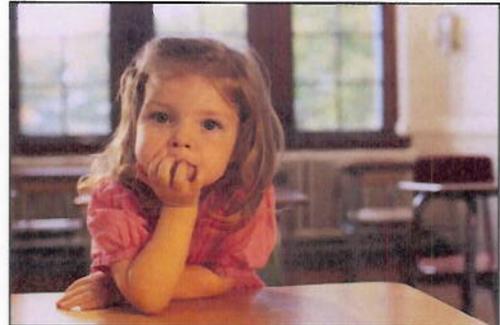
Positive Parenting Tips for Healthy Child Development



Preschoolers (3-5 years old)

Developmental Milestones

As your child grows into early childhood, his world will begin to open up. She will become more independent and begin to focus more on adults and children outside of the family. He will want to explore and ask about his surroundings even more. Her interactions with family and those around her will help to shape her personality and individual ways of thinking and moving. During this stage your child will be able to ride a tricycle, use safety scissors, show awareness of gender identity, help to dress and undress himself, play with other children, recall part of a story, and sing a song.



For more information on developmental milestones and warning signs of possible developmental delays, visit [Learn the Signs. Act Early.](http://www.cdc.gov/ncbddd/autism/ActEarly) (<http://www.cdc.gov/ncbddd/autism/ActEarly>)

Positive Parenting

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Help your child's language by speaking to her in complete sentences and in "adult" language. Help her to use the correct words and phrases.
- Be clear and consistent when disciplining your child. Model the behavior that you expect from him.

Child Safety First

As your child becomes more independent and increases her interaction with the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few ways to protect your child.

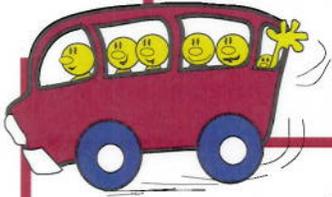
- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- When your child is playing outside, keep watch over him at all times.
- Practice water safety. Teach your child to swim.
- Teach your child how to interact with strangers and how not to interact.

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities



Child Car Seat Safety

Although the use of child safety seats has grown, more than 40% of children under age eight who die or suffer serious injuries in car crashes are not restrained with car seats or seat belts.

Child Safety Seat Tips:

- The best child safety seat fits both the child and the vehicle, and is installed and used the right way every time.
- Use a seat that meets federal standards and has them clearly labeled on the seat.
- Fill out and return the product registration card so you can be reached if the seat is recalled.
- Don't use seats that have been in a crash or been altered. If you buy a used car seat, know its history.
- NEVER place a rear-facing car seat in the front seat of a car with an air bag.
- The best place for any car safety seat is in the back seat of the vehicle.
- Children who have outgrown child safety seats should be restrained in booster seats until they are at least eight years old or 4 feet 9 inches tall.
- Children copy adults. Set an example and buckle up on every trip.

Use the chart below to help you decide which seat is the safest for your child.

Proper Child Safety Seat Use Chart			
Buckle Everyone. Children Age 12 and Under in Back!			
	INFANTS	TODDLERS	YOUNG CHILDREN
AGE/WEIGHT	Birth to 1 year and at least 20 lbs.	1-4 years and at least 20 lbs.	Over 40 lbs. Ages 4-8, or until they are 4'9" tall
TYPE of SEAT	<ul style="list-style-type: none"> • Infant-only seat/rear-facing or • Convertible seat/rear-facing 	<ul style="list-style-type: none"> • Convertible seat/forward-facing, • Forward-facing seat only or • High back booster/harness 	<ul style="list-style-type: none"> • Belt-positioning booster seat or • High back belt positioning-booster
SEAT POSITION	Rear-facing only at 45° angle	Forward-facing	Forward-facing
ALWAYS MAKE SURE:	<ul style="list-style-type: none"> • Birth to 1 year and at least 20 lbs. in rear-facing seats • Under 1 year, but 20-35 lbs. – use Convertible seat/rear-facing only, recommended for heavier infants • Harness straps at or below shoulder level (usually lower set of slots for most convertible seats) • Harness straps snug on child • Harness clip at armpit level 	<ul style="list-style-type: none"> • Harness straps should be at or above shoulders (usually top set of slots for convertible seat) 	<ul style="list-style-type: none"> • Belt-positioning booster seats must be used with both lap and shoulder belt • Shoulder belt should fit snugly across chest, rest on shoulder, and NEVER be placed under the arm or behind the back • Make sure the lap belt fits low and tight across the lap/upper thigh area – not across the stomach
WARNING	NEVER place a rear-facing seat in a front seat with an air bag	Children age 12 and under should ride in the back seat	Children age 12 and under should ride in the back seat

Excerpt: National Highway Traffic Safety Administration

Have Your Child Seat Inspected

There are Inspection Stations nation-wide that will teach you how to properly install and use your child safety seat. To find one near you, visit www.nhtsa.dot.gov and click on "Child Seat Inspections".



Source: American Academy of Pediatrics and National Highway Traffic Safety Administration

This topic sheet is for general information only, and is not intended as a substitute for professional medical care.



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Television and Your Family



While family is the most important influence in a child's life, TV is not far behind. TV can inform, entertain, and teach us. However, some of what it teaches may not be what you want your children to learn. Read on to find out how TV can affect your children and how you can help make TV-watching safe and fun for your family.

How TV negatively affects your children

There are many ways that TV affects a child's life. When used appropriately, TV can be a positive tool to help your children learn. Studies show that preschool children who watch educational TV can increase their reading and speaking skills. However, parents should be aware of the negative effects including the following:

Time

Most children in the United States watch about 4 hours of TV every day. Watching movies on tape or DVD and playing video games only add to time spent in front of the TV screen. It may be tempting to use TV, movies, and video games to keep your children busy, but playing, reading, and spending time with friends and family are much healthier activities.

Nutrition

Studies show that children who watch too much TV are more likely to be overweight. It takes away from the time they should be running, jumping, and getting the exercise they need. They often snack while watching TV. They also see many commercials for candy, snacks, sugary cereals, and drinks. As a result, children may persuade their parents to buy these unhealthy foods.

Violence

By age 18, the average young person will have viewed 200,000 acts of violence on TV. Children who see violence on TV may become numb to it. They do not understand that real violence hurts people. They may also come to think that it is OK to use violence to solve problems.

Research also shows a very strong link between TV violence and violent behavior in children and teenagers. Watching a lot of violence on TV can lead to hostility, fear, anxiety, depression, nightmares, sleep problems, and posttraumatic stress disorder. It is best not to let your children watch violent programs and violence in cartoons.

TV and toddlers

The American Academy of Pediatrics does not recommend TV for children younger than 2 years. This is because the first 2 years of life are very important in the growth and development of a child's brain. It is during this time that language and social skills develop. Children need positive interactions with other people to develop these skills. Watching TV takes time away from these important interactions.

Sex

TV exposes children to adult behaviors, like sex. But it usually does not show the risks and results of sexual activity. On TV, sexual activity is often shown as casual, fun, exciting, and without consequences. In ads, sex is often used to sell products and services. Your children may copy what they see on TV to feel more grown up.

Alcohol, tobacco, and other drugs

Young people are surrounded by messages that say drinking alcohol and smoking cigarettes or cigars are normal activities. These messages often do not say that alcohol and tobacco harm people and may lead to death. TV frequently shows people who drink and smoke as healthy, energetic, sexy, and successful. It is up to you to teach your children the truth about the dangers of alcohol, tobacco, and other drugs.

Commercials

The average child will see more than 360,000 commercials on TV before graduating from high school. Commercials are quick, fast-paced, and entertaining and often are louder than the accompanying programs. After seeing the same commercials over and over, children can easily remember a song, slogan, or catchy phrase. Commercials try to convince children that having a certain toy or eating a certain food will make them happy or popular.

10 things parents can do

The following are ways you can help your children develop positive viewing habits:

- 1. Set limits.** Limit your children's use of TV, movies, and video and computer games to no more than 1 or 2 hours per day. Do not let your children watch TV while doing homework. Do not put a TV in your children's bedrooms.
- 2. Plan what to watch.** Instead of flipping through channels, use a program guide and the TV ratings to help you and your children choose which shows to watch. Turn the TV on to watch the program and turn it off when it is over.

3. **Watch TV with your children.** Whenever possible, watch TV with your children and talk about what they see. If your children are very young, they may not be able to tell the difference between a show, a commercial, a cartoon, or real life. Explain that many characters on TV are not real. Be especially careful of "reality-based" programs. Most of these shows are not appropriate for children. Even the news can contain violent or other inappropriate material. If you cannot watch TV with your children, talk with them later about what they watched. Better yet, record the programs so that you can watch them with your children at a later time.
4. **Find the right message.** Some TV programs show people as stereotypes. If you see this, talk with your children about the real-life roles of women, the elderly, and people of other races. Remember, if you do not agree with what you see on TV, you can either turn it off or explain why you object. These programs can turn out to be a good learning experience if you help your children find the right message.
5. **Help your children resist commercials.** Do not expect your children to be able to resist commercials without your help. When your children ask for things they see on TV, explain that the purpose of commercials is to make people want things they may not need. You can limit the number of commercials your children see by recording programs and leaving out the commercials or buying or renting children's videos or DVDs.
6. **Look for quality children's videos and DVDs.** There are many quality videos and DVDs available for children. Check reviews before buying or renting programs or movies. Information is available in books, newspapers, and magazines, as well as on the Internet.
7. **Give other options.** Watching TV can become a habit for your children. Help them find other things to do like playing; reading; learning a hobby, a sport, an instrument, or an art; or spending time with family, friends, or neighbors.
8. **Set a good example.** As a role model, limiting your own TV viewing and choosing programs carefully will help your children do the same.
9. **Express your views.** When you like or do not like something you see on TV, make yourself heard. Stations, networks, and sponsors pay attention to letters from the public. If you think a commercial is misleading or inappropriately targeting children, write down the product name, channel, and time you saw the commercial and describe your concerns. Call your local Better Business Bureau (BBB) if the commercial is for a local business or product. For national advertising, call the BBB's Children's Advertising Review Unit at 866/334-6272 (ext 111) or visit its Web site at www.caru.org. Encourage publishers of TV guides to print ratings and feature articles about shows that are educational for children.

Toppling TVs pose a hazard

Newer TVs with larger, heavier screens can be dangerous to toddlers. Small children have been seriously injured and, in some cases, killed when these front-heavy models fall on them. Use these safety tips to keep your children safe.

- Place your TV on low furniture that is designed to hold your TV model.
- Use brackets or anchors to secure the TV to the wall.
- Do not place remote controls, videos, or other objects that children might try to reach on top of the TV.
- Do not allow children to climb on the TV.

10. **Get more information.** The following resources can provide you with more information about the proper role of TV in your children's lives:

- Your pediatrician may have information about TV or you can visit the AAP Web site at www.aap.org.
- Public service groups publish newsletters that review programs and give tips on how to make TV safe for you and your child.
- You can ask the parent organization at your child's school.
- Parents of your child's friends and classmates can also be helpful. Talk with other parents and agree to enforce similar rules about TV viewing.

TV Parental Guidelines and the v-chip

A TV rating system, known as the TV Parental Guidelines, was created to help parents know which programs contain sex and violence. Parents can use a computer device in their TVs called the v-chip to block programs based on these ratings. The v-chip is programmed from a remote control. All new TVs (13 inches or larger) that were made in the United States after 2000 are required by federal law to have the v-chip.

The ratings apply to all TV programs except news and sports. They appear for 15 seconds at the start of a program. When the rating appears on the screen, an electronic signal sends the rating to the v-chip in the TV.

The ratings are as follows:

TV-Y	For all children.
TV-Y7	For children age 7 and older. The program may contain mild violence that could frighten children younger than age 7.
TV-Y7-FV	For children age 7 and older. The program contains fantasy violence that is glorified and used as an acceptable, effective way to solve a problem. It is more intense than TV-Y7.
TV-G	For general audience. Most parents would find this program suitable for all ages. There is little or no violence, no strong language, and little or no sexual content.
TV-PG	Parental guidance is suggested. Parents may find some material unsuitable for younger children. It may contain moderate violence, some sexual content, or strong language.
TV-14	Parents are strongly cautioned. The program contains some material that many parents would find unsuitable for children younger than age 14. It contains intense violence, sexual content, or strong language.
TV-MA	For mature audience. The program may not be suitable for children younger than age 17. It contains graphic violence, explicit sexual activity, or crude language.

Additional letters may be added to the ratings to indicate violence (V), sexual content (S), strong language (L), or suggestive dialogue (D).

This rating system was created to help parents choose programs that are suitable for children. The ratings are usually included in local TV listings. Remember that ratings are not used for news programs, which may not be suitable for young children.

For more information go to the Federal Communications Commission (FCC) Web site at www.fcc.gov/vchip.

The Children's Television Act

The Children's Television Act ensures that TV stations pay attention to the needs of children aged 16 and younger. Under this law, stations must air at least 3 hours of educational shows for children each week. They must also limit ads during these times to 12 minutes per hour on weekdays and 10.5 minutes per hour on weekends. Stations that do not follow the law risk losing their licenses.

Keep tabs on TV stations in your community. TV stations file quarterly Children's Television Programming Reports with the FCC. For more information call 888/CALL-FCC (888/225-5322) or visit the FCC Parents' Place Web site at www.fcc.gov/parents.

Please note: Listing of resources does not imply endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this publication. Phone numbers and Web site addresses are as current as possible, but may change at any time.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

American Academy
of Pediatrics

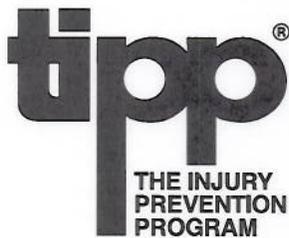


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2 to 4 Years



2 TO 4 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it your child will be *jumping, running, riding* a tricycle, and *using tools*. Your child is at special risk for injuries from falls, drowning, poisons, burns, and car crashes. Your child doesn't understand dangers or remember "no" while playing and exploring.

Falls

Because your child's abilities are so great now, he or she will find an endless variety of dangerous situations at home and in the neighborhood.

Your child can fall off play equipment, out of windows, down stairs, off a bike or tricycle, and off anything that can be climbed on. **Be sure the surface under play equipment is soft enough to absorb a fall.** Use safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches underneath play equipment. Install the protective surface at least 6 feet (more for swings and slides) in all directions from the equipment.



Lock the doors to any dangerous areas. **Use gates on stairways and install operable window guards** above the first floor. Fence in the play yard. **If your child has a serious fall or does not act normally after a fall, call your doctor.**

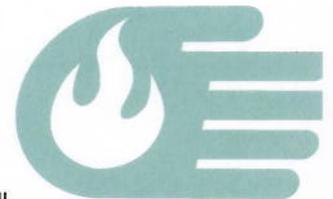
Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. If you choose to keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. **Handguns are especially dangerous.** Ask if the homes where your child visits or is cared for have guns and how they are stored.



Burns

The kitchen can be a dangerous place for your child, especially when you are cooking. If your child is underfoot, hot liquids, grease, and hot foods can spill on him or her and cause serious burns. Find something safe for your child to do while you are cooking.



Remember that kitchen appliances and other hot surfaces such as irons, ovens, wall heaters, and outdoor grills can burn your child long after you have finished using them.

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If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Poisonings

Your child will be able to *open* any drawer and *climb* anywhere curiosity leads. Your child may *swallow anything* he or she finds. Use only household products and medicines that are absolutely necessary and keep them safely capped and out of sight and reach. Keep all products in their original containers.

If your child does put something poisonous in his or her mouth, call the Poison Help Line immediately. Attach the Poison Help Line number (1-800-222-1222) to your phone. Do not make your child vomit.

And Remember Car Safety

Car crashes are the **greatest danger** to your child's life and health. The crushing forces to your child's brain and body in a collision or sudden stop, even at low speeds, can cause injuries or death.

To prevent these injuries, correctly USE a car safety seat EVERY TIME your child is in the car. If your child weighs more than the highest weight allowed by the seat or if his or her ears come to the top of the car safety seat, use a belt-positioning booster seat.

The safest place for all children to ride is in the back seat. In an emergency, if a child **must** ride in the front seat, move the vehicle seat back as far as it can go, away from the air bag.

Do not allow your child to play or ride a tricycle in the street. **Your child should play in a fenced yard or playground.** Driveways are also dangerous. Walk behind your car before you back out of your driveway to be sure your child is not behind your car. You may not see your child through the rearview mirror.

Remember, the biggest threat to your child's life and health is an injury.



From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

Acetaminophen Dosing Information

(Tylenol® or another brand)

Give every 4–6 hours, as needed, no more than 5 times in 24 hours

Weight of child	Age of child	Infant drops  0.8 mL = 80 mg	Children's liquid or suspension  1 tsp (5 mL) = 160 mg	Children's tablets 1 tablet = 80 mg	Junior strength 1 tablet = 160 mg
6–11 lbs (2.7–5 kg)	0–3 mos	0.4 mL (1/2 dropperful)			
12–17 lbs (5.5–7.7 kg)	4–11 mos	0.8 mL (1 dropperful)	2.5 mL (1/2 teaspoon)		
18–23 lbs (8.2–10.5 kg)	12–23 mos	1.2 mL (1½ dropperful)	3.75 mL (¾ teaspoon)		
24–35 lbs (10.9–15.9 kg)	2–3 yrs	1.6 mL (2 dropperful)	5 mL (1 teaspoon)	2 tablets	
36–47 lbs (16.4–21.4 kg)	4–5 yrs		7.5 mL (1½ teaspoons)	3 tablets	
48–59 lbs (21.8–26.8 kg)	6–8 yrs		10 mL (2 teaspoons)	4 tablets	2 tablets
60–71 lbs (27.3–32.3 kg)	9–10 yrs		12.5 mL (2.5 teaspoons)	5 tablets	2½ tablets
72–95 lbs (32.7–43.2 kg)	11 yrs		15 mL (3 teaspoons)	6 tablets	3 tablets

Ibuprofen Dosing Information

(Advil®, Motrin® or another brand)

Give every 8 hours, as needed, no more than 4 times in 24 hours

Weight of child	Age of child	Infant drops  1.25 mL = 50 mg	Children's liquid or suspension  1 tsp (5 mL) = 100 mg	Children's tablets 1 tablet = 50 mg	Junior strength 1 tablet = 100 mg
under 11 lbs (5 kg)	under 6 mos	NOT ADVISED			
12–17 lbs (5.5–7.7 kg)	6–11 mos	1.25 mL			
18–23 lbs (8.2–10.5 kg)	12–23 mos	1.875 mL			
24–35 lbs (10.9–15.9 kg)	2–3 yrs		5 mL (1 teaspoon)	2 tablets	
36–47 lbs (16.4–21.4 kg)	4–5 yrs		7.5 mL (1½ teaspoons)	3 tablets	
48–59 lbs (21.8–26.8 kg)	6–8 yrs		10 mL (2 teaspoons)	4 tablets	2 tablets
60–71 lbs (27.3–32.3 kg)	9–10 yrs		12.5 mL (2½ teaspoons)	5 tablets	2½ tablets
72–95 lbs (32.7–43.2 kg)	11 yrs		15 mL (3 teaspoons)	6 tablets	3 tablets