

Children's Motrin® Sick Day Tips

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Children's Motrin can get your child's high fever down -- and keep it down. Here are some tips for keeping their spirits up... and have them feeling better fast:

Tips for Caring for Sick Kids

- ❑ Be prepared. Keep phone numbers for your pediatrician, the poison control center and local pharmacy near the phone.
- ❑ Always take your child's temperature if he/she is feeling unwell. For children under the age of 3, use a rectal or tympanic (ear) thermometer for an accurate reading.
- ❑ If your child is running a fever, keep his/her bedroom comfortably cool and place a moist, cool – not cold – wash cloth on his/her forehead.
- ❑ Encourage your child to drink fluids like water and diluted fruit juices. Try preparing juicecicles in your ice cube tray for fussy kids.
- ❑ Keep a detailed record of your child's fever and all of his/her illnesses.
- ❑ You know your child best. Call your pediatrician for any reason if you're worried.

Tips for Making Sick Days Special

- ❑ Teach your child a card game. Try Go Fish to build memory skills.
- ❑ Build a fort in the living room with blankets. Let your child "camp out" on the couch with a sleeping bag and trail mix.
- ❑ Design a family tree together with photos or drawings of relatives.
- ❑ Create an audio tape of your child reading his/her favorite book. Add sound effects and dramatic voices, then listen to your finished product.
- ❑ Make a scrapbook with photos from a recent birthday party or vacation.
- ❑ Serve pancakes and add fruit to create funny faces – blueberry eyes and strawberry noses.
- ❑ Play foreign language flashcards and practice new words and phrases.
- ❑ Find Dora activities and coloring printables here: www.nickjr.com/parenting/activity_finder/printables/dora/index.jhtml



MEDICINE WITH MUSCLE

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