

A World of Firsts

Support and advice for your
baby's first year

Brought to you by:





A world of firsts

Becoming a parent is a wonderful experience, but we understand that there is a lot of new information to take in.

As a parent, you know your little one best, but the makers of CALPOL® are here to provide some useful tips and support when you want them.

As you marvel at your new baby's tiny fingers and toes, the prospect of her catching a cold or suffering with earache seems unthinkable. But as you slowly get to grips with your new role as a parent, it's time to face the fact that your little one is going to feel a little under the weather from time to time.



Milestone timeline

- 
- 1-4 weeks** Your baby enjoys looking at faces
Startled by loud noises
 - 4-6 weeks** Starts to smile
 - 4-12 weeks** Lifts their head
 - 6-8 weeks** Vaccines start and a full health check
 - 3-5 months** Reaches out for objects
 - 4-6 months** Starts making noises
 - 5 months** Can hold objects
 - 6 months** Hand to hand co-ordination
Starts to eat solids
 - 6-8 months** Sits without support
 - 6-9 months** Teething starts
 - 7 months** Responds to your voice
 - 9-12 months** Starts trying to crawl
Can pull themselves upright
 - 10-18 months** Walks alone

Growing-up

Becoming a parent can be a rollercoaster ride. Your baby's first year will be full of new and exciting moments that make your heart soar, as well as some more worrying times as you adjust to your new role as a parent.

CALPOL® is here to help you along your parenting journey, helping you care for your little one when she is poorly, so that you can concentrate on the magical milestones. There will be a whole world of 'firsts' for you and your baby during her first year. Here are just some of them which may occur:

Contents



10 / teething



12 / high temperature/
fever



14 / aches and pains



16 / ear ache



18 / immunisations



20 / cold & flu

This booklet does not constitute a diagnosis of any medical condition or medical advice. Do not substitute the information within this booklet for medical advice. Always consult a healthcare professional if you have medical or health questions or concerns.

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CALPOL® and cuddles

When your little one is feeling under the weather, love, attention, kisses and cuddles go a long way to helping them feel better. This physical closeness can help develop an emotional connection between you and your little one.

However, we know that sometimes just a cuddle and a kiss doesn't quite do the trick. In this case, your GP or Pharmacist can help you determine the best course of action for your poorly baby. Over-the-counter medications can help to ease fever and pain that your baby may experience. As a parent, it is useful to know there are two painkillers which help relieve pain and fever. They work differently in the body and have different active ingredients and dosing directions.

Paracetamol

for example
CALPOL® Infant
Suspension

Ibuprofen

for example
CALPROFEN® Ibuprofen
Suspension

CALPOL® Infant Suspension can be used in Infants 2+ months weighing over 4kg and not premature. For Pain and Fever. Contains Paracetamol. Always read the label.

CALPROFEN® Ibuprofen Suspension can be used in Infants 3+ months weighing over 5kg. For Pain and Fever. Contains Ibuprofen. Always read the label.

For relief of fever and mild to moderate pain in infants, you may use CALPOL® Infant Suspension which starts to work on fever in just 15 minutes but is still gentle on little tummies. Trusted by parents for over 50 years, each pack comes with an easy dose syringe.

CALPOL® Infant Suspension can be used in Infants 2+ months weighing over 4kg and not premature. For Pain & Fever. Contains Paracetamol. Always read the label.



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Teething



Each new tooth that pops through is a moment to celebrate!

Teething is one of those special (but sometimes tricky to navigate) milestones. Most babies usually get their first tooth between 6-9 months, but every baby is different. While their teeth are coming through, there are several ways you can ease your little one's pain, from rubbing their gums gently with your finger, to trying paracetamol or ibuprofen.

Signs your child may be teething



Irritable



Crying



Drooling



Chewing on hard things



Sore and red gums



One cheek looks flushed/
feels hot on the
affected side



Some tips for soothing sore gums

- Rubbing their gums gently with your little finger can help.
- Try cooling their teething ring in the fridge, but check the manufacturer's instructions to make sure it's suitable to refrigerate.
- Playing with your baby can sometimes distract them from the pain in their gums.
- Cool drinks or soft food like yogurt can be comforting too.
- You could also try a paracetamol-based medicine or an ibuprofen-based medicine.
- You could also try a teething gel to help soothe your baby's sore gums, but make sure that it is specially designed for young children.

* To be sure any product is right for your child, always read and follow the label prior to use.

High temperature/fever



When your little one is poorly, sharing a loving feel-better routine or ritual together can be a special moment. Your baby will associate your voice, smell and touch with comfort and contentedness which can go a long way to helping them feel better.

It's not unusual for children to get a mild fever. So it's good to feel sure about what's normal and be confident you can tell when your little one is definitely unwell.

When it comes to a 'normal' temperature, every young child is slightly different.

Generally, if they have a temperature of 38°C or above, then it's classed as a fever.



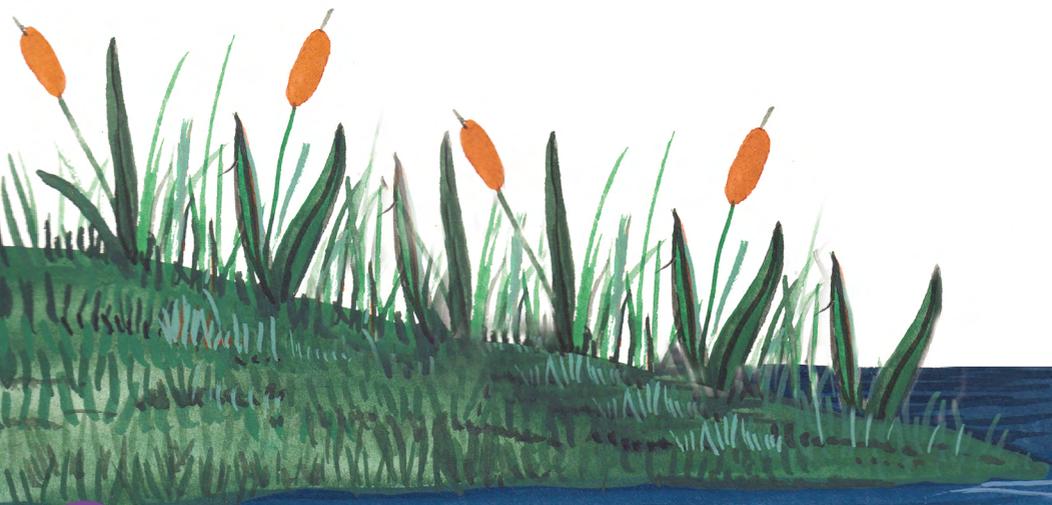
How do I know if my child has a high temperature?

- Your little one may look flushed or feel hot, but to be sure that they have a temperature, you'll need to use a thermometer.
- To get a fast and accurate reading you could use a digital thermometer.



Tips to help your child feel better:

- Make sure your child gets plenty of restful sleep.
- Keep the room well aired and at a comfortable temperature - your child might lose their appetite - this should only last a couple of days. Just let them eat when they are hungry.
- Make sure you give your little one plenty to drink to avoid dehydration. If you are breast feeding, offer your baby plenty of feeds.
- If your child is distressed, you could use a paracetamol or ibuprofen-based medicine to reduce fever.



Aches and pains



There are a few different pains that your little one might experience such as a sore throat, ear aches or bumps and bruises. From sunny smiles to grumpy grimaces, you will start to become accustomed to the many faces that your baby will pull. That first beaming smile will fill you with joy. However, an unhappy face could suggest that your little one is in pain or discomfort.

It can sometimes be tricky to tell where they are hurting, especially when they're too small to really tell you. However, unusual changes in crying pattern or behaviour could suggest your little one is experiencing pain.

From simple tips on working out the source of their pain to gentle but effective pain relief using ibuprofen or paracetamol, there are lots of ways you can ease their aches and put that smile back on their face.



How to soothe your baby

Cuddles go a long way, but when you're in need of something extra, you can soothe your child's pain with painkillers designed especially for children.

Paracetamol and ibuprofen can help treat mild to moderate pain

- Try a paracetamol-based medicine that gives them pain relief, like CALPOL® Infant Suspension. It's suitable for babies over 2 months, weighing over 4kg and not premature.
- Alternatively you can try an ibuprofen-based medicine like CALPROFEN® Ibuprofen Suspension, which can be given to children over 3 months and weighing over 5kg.



If your baby is crying constantly, you can't console or distract them and they have other symptoms, such as a high temperature, it can be a sign they are ill. If this is the case, contact your health visitor or GP. As a parent, if you think there's something wrong, always follow your instincts.

Ear aches



As your baby begins to discover the big wide world they will hear many intriguing, new sounds. Over time, your baby will begin to recognise the sound of your voice and at around 7 months may also begin to respond to you.

Those delicate, little ears may experience ear ache from time to time, often following a cold.

We know earache can be really painful for your little one, so it's handy knowing what you can do to ease their pain.

Possible symptoms to look for:

Ear rubbing or tugging

Difficulty eating or sleeping

Crying more than usual

Irritable or restless

Loss of appetite / off their food



Tips for easing ear pain

- Don't let water get inside their ear.
- Do not put cotton buds into your little one's ear as the ear canal is very delicate.
- Don't try to remove earwax.
- Place a warm or cold flannel on the ear.

Do they have pain or fever?

- Paracetamol and Ibuprofen-based medicines can help to treat pain as well as reduce a fever*. CALPOL® Infant Suspension and CALPROFEN® Ibuprofen Suspension get to work on fever in just 15 minutes.

* To be sure any product is right for your child, always read and follow the label prior to use.



When to call the doctor?

Ear infections are very common and they'll generally clear up without any trouble. But you should get in touch with your GP if:

- They have symptoms such as a fever, vomiting, a severe sore throat, swelling around the ear or discharge from the ear.
- Earache in both ears and is under 2 years old.

- Hearing loss or a change in hearing.
- The earache lasts for more than 3 days.
- They have something stuck in their ear.

The information on this page is not exhaustive. You know your child best, if you have any concerns about your child, you should contact your GP.

Immunisations



It can seem like rotten timing when - just as you're settling into a rhythm with your baby and possibly even getting some sleep - along come her first set of immunisations.

It is important that your little one has their jabs, but it can be upsetting for you if your little one develops a post-vaccination fever, or is generally out of sorts and off colour for a few days afterwards.

Not all children experience post-vaccination fever. The most common side effects in babies and young children are at the site of the injection, and include: swelling, pain, redness or a small hard lump.

If you have any doubts or concerns, always speak to a healthcare professional.

It also helps to keep in mind that while the shots may hurt for a moment, the protection they're giving your child can last a lifetime.

? What happens at the appointment itself?

- The injections themselves are usually given by the practice nurse attached to your GP practice or baby clinic. Talk through any questions or concerns you have with the nurse. Remember to take your baby's health record book along, so the nurse can note what vaccinations have been given.

After the immunisation...

- It's normal for babies and young children to be upset for a little while after an immunisation by injection and your baby may be irritable and clingy for a day or two after. Don't worry if you see any redness or swelling at the injection sites, this is perfectly normal and will soon calm down.

i Tips for managing post-vaccination fever

- Give your child plenty of fluids.
- Keep the room well aired and at a comfortable temperature.
- Give your little one plenty of kisses and cuddles.
- If your child is distressed and uncomfortable, you could give them paracetamol (can be used from 2+ months (weighing over 4kg and not premature)) or ibuprofen (from 3+ months (weighing over 5kg)) to help bring their temperature down*.

* To be sure any product is right for your child, always read and follow the label prior to use.

Cold & flu



The common cold has over 200 different viruses. Little hands can collect germs that can spread easily as your little one starts to interact with other children. Unless they're very lucky, catching a cold is almost inevitable for your tot.

Children can catch several colds a year as their immune systems are more vulnerable to infections. Symptoms usually develop over a couple of days.

Flu symptoms come on quickly and are often more severe than a cold and can really make your child feel sorry for themselves. But there are plenty of ways you can nurse them until they are back to their usual happy selves.

COLD SYMPTOMS

- Sore throat
- Runny or blocked nose
- Mild cough
- Sneezing

FLU SYMPTOMS

- Fever and chills
- Body aches and pains
- Weakness and fatigue
- Headache
- Cough (usually dry)

The symptoms listed on this page are not exhaustive.

Tips for relieving cold & flu symptoms

- Make sure your child gets plenty of restful sleep.
- Your child might lose their appetite – this should only last a few days. Just let them eat when they are hungry.
- Make sure they have plenty to drink. If they have started eating solid food, offer lots of cool drinks.
- Are they running a fever? See page 10.
- Are they suffering from aches and pains? – See page 12.

If it's genuine nasal congestion?

- A gentle option is to wash away the mucus that's causing the blockage. Try CALPOL® Saline Nasal Spray or Saline Drops, a non-medicated treatment, you can use right from birth.

Does your child have a cough?

- CALCOUGH® Infant Syrup can be used from 3+ months to relieve dry and tickly coughs. (Contains glycerol. Always read the label).

be prepared for sick days

Sick days are no fun for anyone, but having a game plan can help you give your child the care and comfort you want to provide.



Keep key phone numbers handy



Make a medication and allergy list

Be sure to include your family, GP and local pharmacist.

Note any medications your child is taking currently and any allergies they may have.

The CALPOL® Family of Products:

<p>PAIN & FEVER</p> <p>CALPOL® Infant Suspension</p> <p>Paracetamol</p> <p>AGE: 2+ MONTHS (weighing more than 4kg and not premature)</p> <p>Strawberry flavour</p> <ul style="list-style-type: none"> • Gentle but effective pain and fever relief • Sugar free, sugar & colour free, or original • Also available in sachets • 200ml available in Pharmacy 	<p>CALPOL® SixPlus™ Suspension</p> <p>Paracetamol</p> <p>AGE: 6+ YEARS</p> <p>Strawberry flavour</p> <p>Orange flavour*</p> <ul style="list-style-type: none"> • Effective pain and fever relief • Sugar free or original • 200ml available in Pharmacy*
<p>PAIN & FEVER</p> <p>CALPOL® SixPlus™ Fastmelts</p> <p>Paracetamol</p> <p>AGE: 6+ YEARS</p> <p>Strawberry flavour</p> <ul style="list-style-type: none"> • Fast on-the-go relief from fever • Melts rapidly on the tongue with no need for water • Sugar & colour-free 	<p>PAIN & FEVER</p> <p>CALPROFEN® Ibuprofen Suspension</p> <p>Ibuprofen</p> <p>AGE: 3 MONTHS TO 12 YEARS (weighing more than 5kg)</p> <p>Strawberry flavour</p> <ul style="list-style-type: none"> • Effective relief of aches, pains and fever • Sugar & colour-free

Range continued on page 24:

Always read the label

TEETHING

CALGEL® Teething Gel



**Lidocaine hydrochloride and
Cetylpyridinium chloride**



AGE: 5+ MONTHS

- For short-term (7 days) use where non-pharmacological treatments have failed to provide sufficient relief
- Rapid relief from teething pain
- Quickly numbs the pain and helps alleviate discomfort
- Helps take care of gums, with a mild antiseptic to help fight infection

COUGH

CALCOUGH® Infant Syrup



Glycerol

AGE:

3+ MONTHS

Apple flavour

- Helps soothe and relieve tickly coughs
- Sugar & colour-free

COUGH

CALCOUGH® Children's Syrup



Glycerol and Sucrose

AGE:

1+ YEARS

Blackcurrant flavour

- Helps relieve dry tickly coughs & sore throats

CONGESTION SYMPTOMS

CALPOL® Vapour Plug & Nightlight (non-medicine)



AGE:

3+ MONTHS

- Soothing 8 hour night-time comfort
- Helps soothe & comfort your child at night time for a more comfortable nights sleep
- Refill packs available in 5 pack or NEW 10 pack
- Soothing lavender and chamomile aromas

CONGESTION SYMPTOMS (NON-MEDICINES)

CALPOL® Saline Nasal Spray and Saline Nasal Drops



AGE:

0+ MONTHS

- Gentle and easy to use spray
- A congestion remedy that can be used from birth
- Helps reduce nasal congestion by thinning the mucus and rinsing it away
- A natural and effective remedy for little sniffles/blocked noses

CALPOL® Blocked Nose Spray



AGE:

3+ YEARS

- Gentle and easy to use nasal spray
- Preservative-free, isotonic nasal saline spray
- Used to treat blocked, dry or irritated nasal passages caused by cold and flu, sinusitis, allergy including hayfever and post-nasal surgery



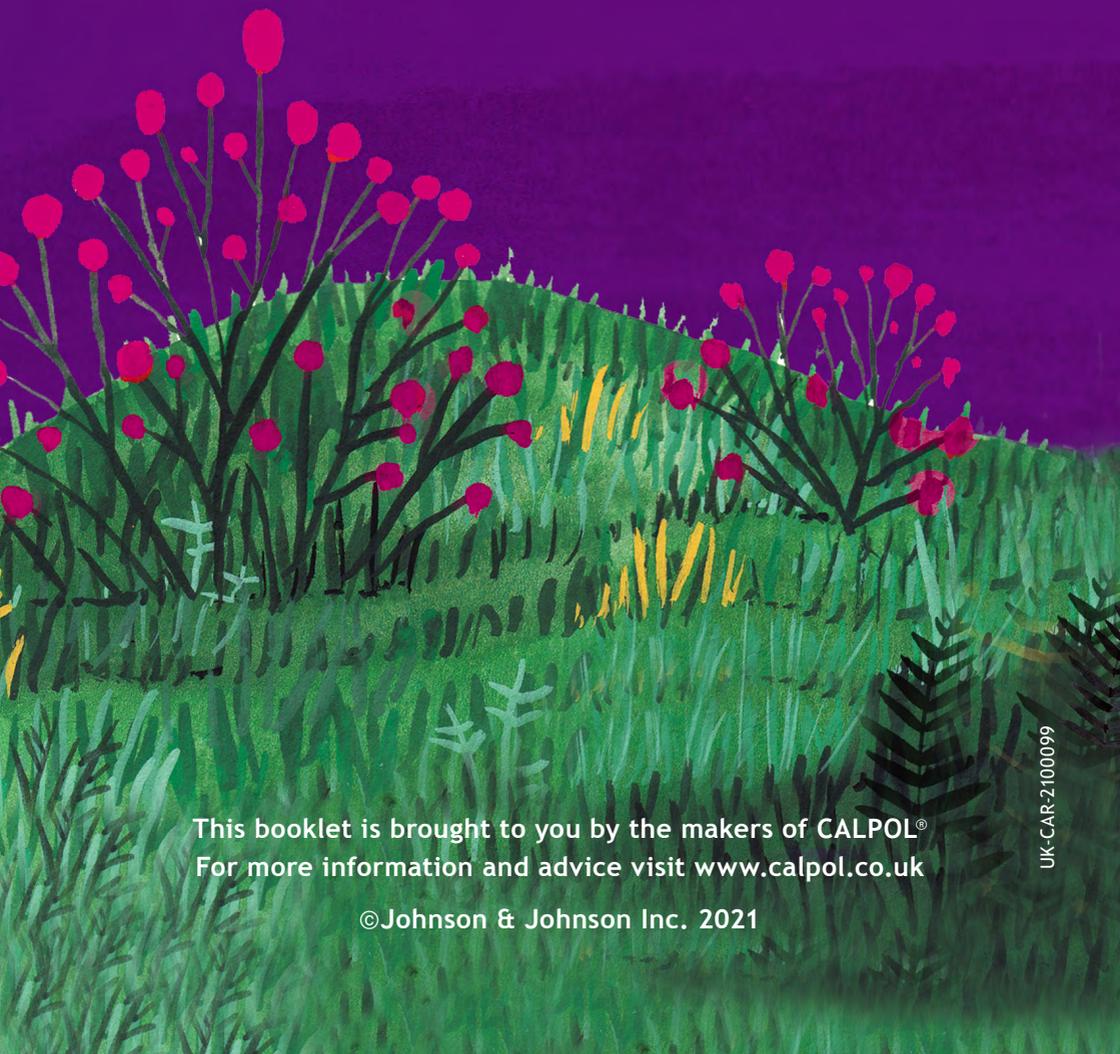
*in a poll of 329 parents of children 10 years and under, 90% were likely to recommend Calpol to friends/family to use for their children. YouGov, 2019.



†Source ©2021 NielsenIQ data, Value, Units, Total Paediatrics (Kids Medicine) (client defined) 52 w/e 06.02.21 (GB Total Coverage + NI Multiples)

THE END





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