

# A World of Firsts

Support and advice for  
your baby's first year

Brought to you by:



Calpol contains paracetamol. ALWAYS READ THE LABEL



Goodnight little one,  
Feel better again.



## 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

**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:

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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. Paracetamol is an active ingredient that can help relieve pain and fever.

### **Paracetamol**

*for example*

CALPOL® Infant 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.



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.



# 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 treating their pain with paracetamol.

## 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 an infant paracetamol-based medicine\*.

\* 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 an infant paracetamol medicine\* to reduce fever.

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

## 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.



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 GP. As a parent, if you think there's something wrong, always follow your instincts.



## 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 can help treat mild to moderate pain

- Try an infant paracetamol medicine\* that gives them pain relief, like CALPOL® Infant Suspension. It's suitable for babies over 2 months, weighing over 4kg and not premature.

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



## 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:

Difficulty eating or sleeping

Ear rubbing or tugging

Crying more than usual







## 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

### Do they have pain and fever?

- Infant paracetamol medicine can help to treat pain as well as reduce a fever. CALPOL® Infant 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

- 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 their 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, 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 can be given by the practice nurse or GP. 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.



## 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 an infant paracetamol-based medicine (can be used from 2+ months (weighing over 4kg and not premature)) 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 it 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 Nasal Drops, a non-medicated treatment, you can use it right from birth\*.

\* Calpol® Saline Nasal Spray and Calpol® Saline Nasal Drops are medical devices for congestion relief.

## 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

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



Make a medication and allergy list

Note any medications your child is taking currently and any allergic reactions they may have had in the past.



# The CALPOL® Family of Products:

## Pain and Fever



### CALPOL® Infant Suspension

Paracetamol

2+ months

Weighing more than 4k and not premature

- Starts to work on fever in 15 minutes
- Specially formulated to be tough on pain but gentle on little tummies.
- Strawberry flavour.
- Sugar-free suspension.
- Also available in a handy sachets format for on the go.

Calpol® Infant Suspension contains paracetamol. For pain and fever relief.  
ALWAYS READ THE LABEL.

Range continued on page 22:

## The CALPOL® Family of Products (continued):

### Cold symptoms - Congestion non-medicine



#### CALPOL® Vapour Plug and Nightlight

3+ months

- Soothing 8 hour night-time comfort
- A blend of aromatic oils including lavender, chamomile and eucalyptus help soothe and comfort your child at night time whilst helping to ease breathing



#### CALPOL® Saline Nasal Drops

From birth

- For congestion relief
- Helps unblock noses
- Gently washes away mucus to help babies and young children breathe more easily



#### CALPOL® Saline Nasal Spray

From birth

- Gentle and easy to use spray
- For congestion relief
- Gently washes away mucus to help babies and young children breathe more easily

CALPOL® Vapour plug & Nightlight is an electrical device (non medicine). Calpol® Saline Nasal Spray and Calpol® Saline Nasal Drops are medical devices for congestion relief. Always read the label

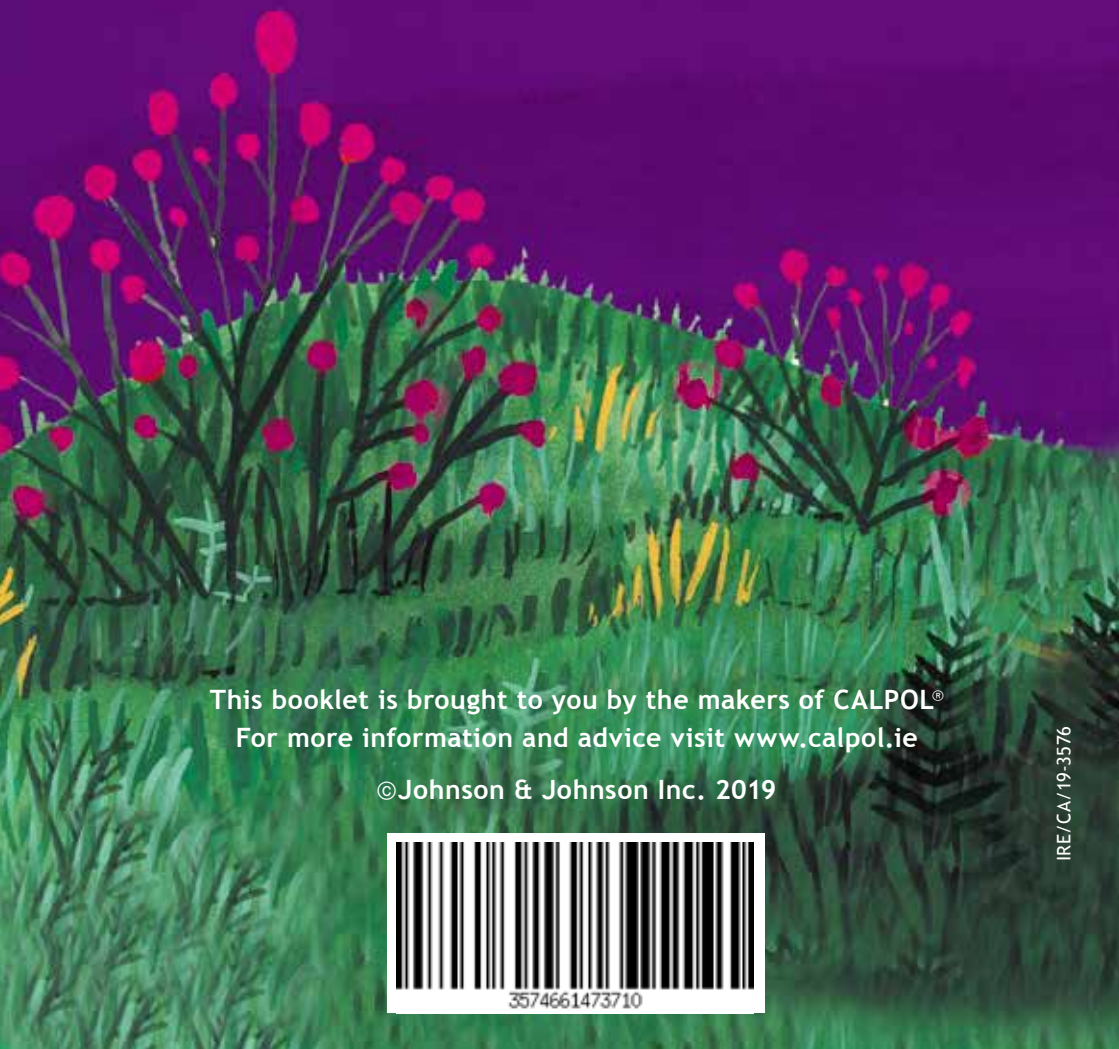


THE END









This booklet is brought to you by the makers of CALPOL®  
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