



Dosing Chart

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.				
mL = milliliter tsp = teaspoon	Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets	Jr. Acetaminophen Meltaway Chewable Tablets
Weight				
6-11 lbs.	1.25 mL	—	—	—
12-17 lbs.	2.5 mL	—	—	—
18-23 lbs.	3.75 mL	—	—	—
24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.				
Weight	Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each
12-17 lbs.	1.25 mL	—	—	—
18-23 lbs.	1.875 mL	—	—	—
24-35 lbs.	—	5 mL (1 tsp)	2 tablets	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets

* If under 6 months of age, please consult your pediatrician.

2 Year Checkup

Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Next Visit: **3 Years of Age**

Nutrition

- Food likes and dislikes are changing. He/she should be allowed to control what he/she eats within reason. Offer healthy choices. Appetite may be very sporadic.

Motor Development

- Your child will learn to climb well, open doors, kick a ball, and jump.
- He/she will be able to make lines and circles, turn book pages, build a tower of 5 to 6 blocks, and turn handles.
- Your child will be able to wash and dry his/her hands.

Language Development

- Your child will be able to follow a 2-step command, recognize common objects, use 2 or 3-word phrases, use pronouns (I, you, me, etc.), and some plurals (dogs, cats, cars).
- He/she will have a vocabulary of at least 20 words.

Cognitive Development

- Your child will be able to make a mechanical toy work, match an object to a picture in a book, play make-believe, sort objects by color and shape, complete 3 or 4-piece puzzles, and understand the concept of "two."
- Read to your child every day.
- Provide opportunities for contact with other kids and limit television time.

Social & Emotional Development

- Your child will imitate adults and playmates, spontaneously show affection for familiar playmates, take turns in games, and understand the concept of "mine" and "his/hers."
- He/she will express affection openly, express a wide range of emotions, and object to changes in his/her routine.

Discipline

- Your child will be very physical at this age using temper tantrums, pushing, biting, etc. to get his/her own way. Use time-out to discourage this behavior.
- Try to be consistent in rewarding good behavior, as well as punishing bad behavior with time-out.

- Make rules, but remember your child's age when setting limits and choosing punishment. Make sure that all of your child's caregivers use the same methods.

Sleep

- Continue a regular schedule. The number of naps will vary.
- Let him/her make as many choices as possible to allow the child to be somewhat in control.
- Night-lights are fine. Let him/her settle down on his/her own.
- Nightmares are common at this age.

Safety

- Guard against falls from kitchen table tops, windows, and staircases. A child cannot be left unattended in the house or car.
- Do not leave a chair where the child can use it to climb. Guard against electrical injuries from cords and unprotected outlets.
- Lock up all poisons and objects that can be swallowed. If it is necessary to keep a gun in the house, keep it unloaded and locked up.
- Continue to use a car seat at all times.
- Watch children playing near a street; he/she does not understand danger and does not remember "NO."



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