

Suburban Pediatrics, Inc.

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Cough and Cold Medicine in Young Children

In October of 2008 the FDA and the manufacturers of children's cough and cold medicine changed their labels. They no longer recommend over-the-counter cough and cold medicines for children under four years of age. These changes came about because of misunderstandings regarding the dosage of medicines in infants and small children. The American Academy of Pediatrics and the pediatricians at Suburban Pediatrics believe that there are safer ways to treat cold symptoms in young children.

Cough and colds are miserable for children but most of these illnesses will resolve with supportive care within one to two weeks.

- To relieve a stuffy nose use saline nose drops and gently suction the infant's nose with a bulb syringe.
- A cool-mist vaporizer or humidifier in the child's room helps moisten the air and clear your child's nasal passages.
- Encourage plenty of fluids and elevate the child's head or prop up your infant while sleeping.
- For coughs in children over two years of age, honey helps soothe the throat and helps the cough. Give ½ teaspoon of honey in children ages two through five years.
- Appropriate doses of acetaminophen (Tylenol) or ibuprofen (Motrin) may be given for fever. Ask your child's doctor or nurse for the correct dosage for your infant or child's age and weight.

Please call our office if you have further questions regarding the treatment of colds and coughs. If your child's symptoms do not improve with appropriate measures or if additional symptoms arise, your child may need to be evaluated in our office.