



MEDICATION DIARY

- Measure carefully the amount of medicine recommended using a precise dosing device. Do not use kitchen spoons or other measuring devices, as these are not always accurate.
- If your child is very sensitive to the taste of medicine, aim for the least taste-sensitive area of the mouth: the side pocket between the gum and cheek, towards the rear of the mouth. Nurofen for Children tip's: if your child sucks on an ice cube for a minute or two before taking medicine, taste buds are toned down quite a bit by cold!
- When you give your child medicine at night, make sure you have enough light to clearly read the label and the graduation marks on the dosing device.
- Print this medication diary and use it to keep track of your child's medicine dosing. Keep it wherever you give your child medicine or simply on the fridge.
- Place a pen nearby, too. Make sure any other caregivers (i.e. nanny, grandparent, or babysitter) also fill out the fever diary whenever they give your child medicine.

name:

Age:

Weight:

Date	Time	Medication	Dosage	Administered by