

In association with
NUROFEN
for Children



Contains ibuprofen

ESSENTIAL HEALTH BUYS

✓ for your newborn

Bought everything you need for your baby? Don't forget the items that will come in handy for any little health niggles.

Nappy cream

Zinc-based creams and zinc oxide treatments are both effective barriers.

Nasal aspirator

An effective way to clear mucus from your new baby's nose.

Cotton wool

Used with cooled, boiled water, you'll need it for cleaning your baby in the first few weeks.

Emollient cream

Dry skin or eczema are quite common in newborn babies, so it's handy to have an emollient on standby.

Cradle cap cream

Yellow, scaly patches of cradle cap are nothing to worry about, but a cradle cap cream or olive oil can help remove it.

Antiseptic hand gel

Hand washing after nappy changes can be tricky with a newborn – this is a convenient alternative

Saline nose drops

Your baby can't blow his nose, so these are a reliable way to clear blocked nasal passages. Ask your pharmacist for advice.

Petroleum jelly

Helps ease soreness around your baby's nose if he has a cold. Also works as a barrier cream.

Visit
www.mumschool.com
for further information



Make it better

Once your baby's arrived, lots of 'firsts' lie ahead – like first sniffles, snuffles and teething. Here's what can help.

Treat a fever...
Ibuprofen-based medicines can help bring down a temperature (usually anything over 38°C).

Nurofen for Children* starts to work in 15 minutes to relieve fever, comes in strawberry or orange flavour and is suitable for babies from three months (and over 5kg). *Always read the label



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Ease congestion...
Karvol
Decongestant

Drops* or Capsules* are suitable from three months and contain a mix of vapours to help gently clear your baby's blocked nose.

*Always read the label

Soothe sore gums...
Your baby's first teeth can come through from six months or earlier, but don't always come quietly! Banana-flavoured bonjela Teething Gel* is suitable for use from two months and provides soothing relief for teething pain.

*Always read the label



NUROFEN
for Children



Nothing will relieve your
baby's fever faster or for longer
than Nurofen for Children

For the relief of pain and fever. Contains ibuprofen. Always read the label.

