



This diary belongs to

Baby's name

Baby's Health Diary

Brought to you by Pfizer Consumer Healthcare,
the maker of Infants' Advil® and Children's Advil®*



*Use as directed for children 6 months and older.

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Use this diary to help build a partnership
with your healthcare professional and
get your new baby off to a healthy start.



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Congratulations From the Maker of Infants' Advil® and Children's Advil®!

As you welcome your baby into the world and get to know each other, you are taking the first steps on an amazing journey. Baby's first year is filled with milestones and memories. This diary can help you keep track of them all, creating a lifelong keepsake for you and your baby.



Between all of the “firsts” and smiles, there are many health requirements you and your healthcare professional need to remember and record. This diary will also give you general wellness tips and help you conveniently keep track of your baby's

- Growth
- Development
- Immunizations
- Illnesses
- Other important information

You will be seeing a healthcare professional many times in your baby's first year, so don't forget to bring this diary with you to every visit. It's important to keep track of your baby's development and immunization records to ensure he or she is achieving appropriate milestones and receiving critical vaccinations at the appropriate times. Keeping this information up-to-date will give you a valuable, accurate medical resource that you and your healthcare professional can quickly access for whatever may come during this eventful, exciting year. **Enjoy!**

Be sure to
pay special
attention to the

Important Advice

sections found
throughout
this diary.

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Table of Contents

Important Information	5
Important Contacts	6
Growth Record	7
Development Record	8
Immunization Information	11
Immunization Record	12
Dental Record	15
Allergy/Sensitivity Record	16
Illness/Injury Record	18
The Facts About Fever	19
Fever Dosing Record	20
6-23 Months: You Can Trust Infants' Advil®	21
Fever/Illness Prevention	22
Well-Baby Visits	23
2-11 Years: Relief You Can Trust As Your Child Grows	27
Dosing Guide	28
Important Instructions for Proper Use	29
Medicine Cabinet Essentials	30

Important Information

Baby's Information



Baby's name _____

Baby's due date _____

Baby's birth date and time _____

Birth weight _____

Birth length _____

Birth head circumference _____

Blood type _____

Type of birth (vaginal/cesarean) _____

Other birth details _____

Feeding type (breast milk/formula) _____

Medical conditions (if any) _____

Medications (if any) _____

Important Contacts

Parent/ Guardian's Information

Name _____

Address _____

Phone
Number _____

Important Advice

Besides bonding with your new baby, one of the other most important relationships you'll form is with your healthcare professional. Building a partnership with your healthcare professional begins with good communication. To get your relationship off to a good start, use this diary to stay informed and updated on your baby's current health. Be prepared to answer the following questions about your baby whenever you call the office:

- Temperature changes
- Medical history
- Medications given
- Immunizations
- Pharmacy information

Healthcare Professional's Information

Name _____

Address _____

Phone
Number _____

Pharmacy's Information

Name _____

Address _____

Phone
Number _____

Growth Record

Baby's name

Record the following information at each healthcare professional visit to see how your baby is growing.

Date	Age	Weight		Length		Head circumference	
		Pounds/ounces	Percentile	Inches	Percentile	Inches	Percentile

Development Record

Record the details as your baby achieves each of the following milestones. Every child develops at a different rate, so share these milestones with your healthcare professional so he or she can track your baby's progress.

Baby's name

Milestone	Date	Age	Notes
Smiles			
Makes a fist			
Grasps onto something			
Uses raking grasp			
Uses pincer grasp			
Transfers an object from one hand to the other			
Lifts head while on stomach			
Eyes follow a moving object			
Imitates movements			
Imitates facial expressions			

Development Record

Baby's name

Milestone	Date	Age	Notes
Recognizes mom and dad			
Responds to name			
Responds to "no"			
Recognizes emotions by the tones of your voice			
Imitates sounds			
Uses voice to express own emotions			
Babbles			
Says first word			
Responds to simple requests			
Finds a hidden object			

Development Record

Baby's name

Milestone	Date	Age	Notes
Connects objects to their names			
Gets first tooth			
Rolls over			
Sits on own			
Crawls			
Pulls up to stand			
Stands on own			
Takes first steps with help			
Walks on own			
Other			

Immunization Information

Vaccines can limit the spread of disease and save lives. That's why vaccines are an important part of your baby's first year. This means a range of shots, some of which may be combined and some that may require multiple doses. This may be intimidating, but not immunizing your child may put him or her at risk of catching a dangerous disease. Each shot helps provide protection from 1 or more of these 14 vaccine-preventable diseases:

1. **Diphtheria (part of DTaP)**—bacterial disease that causes a thick throat covering
2. ***Haemophilus influenzae* type b (Hib)**—bacterial disease and a leading cause of bacterial meningitis (brain and spinal cord infection)
3. **Hepatitis A (HepA)**—virus that causes liver disease
4. **Hepatitis B (HepB)**—virus that causes liver disease
5. **Influenza (flu)**—virus that causes fever, a variety of aches and pains, sore throat, and cough
6. **Measles (part of MMR)**—virus that causes rash, cough, runny nose, eye irritation, and fever
7. **Mumps (part of MMR)**—virus that causes fever, headache, and swollen glands
8. **Pertussis (part of DTaP)**—whooping cough; bacterial disease that causes coughing fits that can interfere with eating, drinking, or breathing
9. **Pneumococcal disease (PCV)**—bacterial disease that causes meningitis, pneumonia, and blood infections
10. **Polio (IPV)**—virus that can cause paralysis
11. **Rotavirus (RV)**—virus that causes diarrhea, vomiting, and fever
12. **Rubella (part of MMR)**—German measles; virus that causes rash, fever, and arthritis
13. **Tetanus (part of DTaP)**—lockjaw; bacterial disease that causes muscle tightening
14. **Varicella (chickenpox)**—virus that causes rash, itching, fever, and tiredness

The flu shot is recommended annually, but not required, for children 6 months to 18 years. Some children may also require a dose of meningococcal vaccine (MCV4) and pneumococcal polysaccharide vaccine (PPSV). Ask your healthcare professional if these are necessary.

Immunization Record

In order to help protect our nation's children from diseases, our country's top disease experts and doctors have developed an immunization schedule. Every year, they check it to make sure that it's as strong as possible. Every state has its own immunization laws as well, so it's never too early to start thinking about daycare or school plans. State laws must be met in order for your baby to enroll in each of these institutions.



Important Advice

See if the number of shots your baby is scheduled to receive can be reduced with combination vaccines.

Immunization Record

To make sure your baby is on schedule, record the date of each immunization as it's given and call your healthcare professional if any reactions occur.

Baby's name

Recommended date(s)	Immunization	Date given	Reaction
Birth	Hepatitis B (HepB)		
1-2 months	Hepatitis B (HepB)		
2 months	Rotavirus (RV)		
	Diphtheria, Tetanus, Pertussis (DTaP)		
	<i>Haemophilus influenzae</i> type b (Hib)		
	Pneumococcal (PCV)		
	Inactivated poliovirus (IPV)		
4 months	Rotavirus (RV)		
	Diphtheria, Tetanus, Pertussis (DTaP)		
	<i>Haemophilus influenzae</i> type b (Hib)		
	Pneumococcal (PCV)		
	Inactivated poliovirus (IPV)		
6 months	Rotavirus (RV)—depending on product used		
	Diphtheria, Tetanus, Pertussis (DTaP)		
	<i>Haemophilus influenzae</i> type b (Hib)—depending on product used		
	Pneumococcal (PCV)		

Immunization Record

Baby's name

Recommended date(s)	Immunization	Date given	Reaction
6-18 months	Hepatitis B (HepB)		
	Inactivated poliovirus (IPV)		
6 months-18 years (annually)	Influenza—when a child younger than 9 years is receiving for the first time, he or she will require an additional dose 1 month after the first dose is administered		
12-15 months	<i>Haemophilus influenzae</i> type b (Hib)		
	Pneumococcal (PCV)		
	Measles, Mumps, Rubella (MMR)		
	Varicella (Chickenpox)		
12-23 months	Hepatitis A (HepA)	Dose 1: Dose 2:	
15-18 months	Diphtheria, Tetanus, Pertussis (DTaP)		
4-6 years	Diphtheria, Tetanus, Pertussis (DTaP)		
	Inactivated Poliovirus (IPV)		
	Measles, Mumps, Rubella (MMR)		
	Varicella (Chickenpox)		

Dental Record

Dental health is an important part of your baby's first year since he or she will likely start teething between 6 and 12 months of age.

Baby's name

Your healthcare professional will check your baby's oral health during well-baby visits and, if necessary, refer you to a dentist. If your healthcare professional determines that a dental checkup isn't required during your baby's first year, then one should be scheduled at 12 months. Use the following chart to record when teeth "erupt" (break through) and "shed" (are lost), so your healthcare professional and dentist know what's happening inside your baby's mouth.



Eruption date	Shed date	Left upper teeth		Right upper teeth	Eruption date	Shed date
		Central incisor		Central incisor		
		Lateral incisor		Lateral incisor		
		Canine (cuspid)		Canine (cuspid)		
		First molar		First molar		
		Second molar		Second molar		
Eruption date	Shed date	Lower teeth		Lower teeth	Eruption date	Shed date
		Second molar		Second molar		
		First molar		First molar		
		Canine (cuspid)		Canine (cuspid)		
		Lateral incisor		Lateral incisor		
		Central incisor		Central incisor		

Important Advice

The key to having lifelong dental health is creating good habits early—before your baby even begins teething. Start off by wiping or brushing your baby's gums with water after each feeding.

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Allergy/Sensitivity Record

Record the following information whenever a reaction occurs and use your judgment in deciding whether or not to contact your healthcare professional. Either way, mention each occurrence at your next well-baby visit.

Baby's name

Date	Age	Allergic reaction or sensitivity (ie, bumps, rash, redness, etc)	Possible cause	Duration	Doctor visit (y/n)	Medication prescribed or administered	Dose given

Allergy/Sensitivity Symptoms



Important Advice

Always watch for the following symptoms, as they may be signs that you need to keep a close eye on your baby, or that he or she needs to be examined by the healthcare professional:

- **Vomiting**—lasting more than a few hours
- **Diarrhea**—won't stop, or if bloody
- **Rash**—especially if accompanied by a fever
- **Cough or cold**—getting worse or not getting better after a few days
- **Cuts**—possibly needing stitches
- **Movement issues**—limping or not moving arms or legs
- **Ear issues**—drainage or pain present
- **Sore throat**—swallowing problems
- **Stomach pain**—sharp or persistent abdomen pains
- **Pain**—getting worse or not stopping over time
- **Fever**—rectal temperature of 100.4°F or higher in a baby less than 2 months of age
- **Bloody fluids**—urine or bowels
- **Dehydration**—not drinking for 12 hours or longer

Illness/Injury Record

Record the following information whenever an incident occurs. Learn how to identify your baby's normal habits and temperament, so you can recognize when things aren't quite right and decide whether or not to contact your healthcare professional. Either way, mention each incident at your next well-baby visit.

Baby's name

Date	Age	Illness or injury	Duration	Doctor visit (y/n)	Medication prescribed or administered	Dose given

The Facts About Fever

Rest assured that fevers are a natural defense mechanism. They're how our bodies fight an infection or illness. Regardless of these facts, fevers can be scary and uncomfortable for both you and your baby.

There are a few things you can do to help your baby feel better:

- Dressing your baby in light clothes may help body heat to escape
- A lukewarm bath may also help lower a fever
- Give your baby plenty of rest and fluids
- If your baby is <3 months or has a rectal temperature above 100.4°F, contact your healthcare professional
- If your baby is at least 6 months old, giving your baby the appropriate dose of Infants' Advil® can help bring down fever and relieve pain. Use the dosing record on the next page to see how your baby responds to the medicine

Important Advice

Stay calm. Fever and pain in your baby could be a significant source of anxiety for you. This, in turn, may lead to increased anxiety for your baby and an increased perception of pain, which may make treatment more difficult.

- By reducing your own anxiety, your baby's anxiety may also be reduced, which can aid in the recovery process
- The more facts you know about a fever, a common cold, or the flu, the more calm you may be when comforting your sick baby



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Fever Dosing Record

Here is an easy way for you to keep track of your baby's dosing schedule, so you can ensure you are dosing correctly.

Baby's name

Fever temperature: _____°F before administering medicine

Date	Medication	Time	Dose

Fever temperature: _____°F before administering medicine

Date	Medication	Time	Dose

Fever temperature: _____°F before administering medicine

Date	Medication	Time	Dose

Fever temperature: _____°F before administering medicine

Date	Medication	Time	Dose

Fever temperature: _____°F before administering medicine

Date	Medication	Time	Dose

If your baby is 6 months old, you can trust **Infants' Advil®** to bring down fever fast* and keep it down for up to 8 hours.

Ibuprofen, the active ingredient in Infants' Advil® and Children's Advil®, is the #1 recommended children's pain reliever among pediatricians. It's recommended more than acetaminophen, the active ingredient in Infants' Tylenol® and Children's Tylenol®. When you choose Infants' Advil®, you can rest assured that you are giving your baby trusted relief.



Use as directed.

For ages 6-23 months.
Fever reducer, relieves minor aches and pains due to the common cold, flu, headaches, and toothaches.
Available in dye-free white grape.

*Based on reducing fever below 100°F.

Children's Advil® Relief you can trust

Ways to Help Prevent Future Illness

Fever can be a symptom of a cold or the flu. Here are some tips to help prevent them.

There are a number of things you can do to keep your baby safe from common colds and the flu. Hand washing alone can be a simple way to help protect your baby and yourself from exposure to germs. In fact, washing your hands frequently and well can lower the chance of you both getting sick. Here is a good hand-washing method to practice, and eventually teach your child:

- Wash hands with warm water—not too hot or too cold
- Always use soap
- Wash hands for at least 20 seconds (about as long as it takes to sing the “ABC song”)
- Always wash fingernails
- Make sure to rinse all the soap off
- Always dry hands thoroughly



- Work with your healthcare professional to make sure your baby is up-to-date on all vaccines
- Avoid touching your baby's nose, eyes, and mouth
- Cover your child's nose and mouth with arm (not hands) while coughing or sneezing

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Well-Baby Visits

Baby's name

Since the moment your baby was born, he or she has been constantly changing. Among all of these changes, it's important to keep one thing the same — visiting your healthcare professional regularly. Routine “well-baby visits” are key to making sure your baby is making progress and achieving healthy, normal growth. These visits also give you a chance to ask your healthcare professional any questions or raise issues that you may have.



First Well-Baby Visit

Date

Questions for the healthcare professional

Notes from the visit

Important Advice
Make your baby's next appointment before you leave your healthcare professional's office so you have one less thing on your to-do list.

Next Visit	Date
	Time

Well-Baby Visits

Baby's name

2-Month Well-Baby Visit

Date

Questions for your healthcare professional

Notes from the visit

Next Visit

Date

Time

4-Month Well-Baby Visit

Date

Questions for your healthcare professional

Notes from the visit

Next Visit

Date

Time

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Well-Baby Visits

Baby's name

6-Month Well-Baby Visit

Date

Questions for your healthcare professional

Notes from the visit

Next Visit

Date

Time

9-Month Well-Baby Visit

Date

Questions for your healthcare professional

Notes from the visit

Next Visit

Date

Time

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Well-Baby Visits

Baby's name

1-Year Well-Baby Visit

Date

Questions for the healthcare professional

Notes from the visit

Next Visit

Date

Time

You Made It!

Your baby is a year old and well on his or her way to being a healthy toddler. Remember, staying healthy is a lifelong goal. Continue seeing your healthcare professional on a regular basis and update all of your baby's information. Now is a great time to look back at the past year, and anticipate the many more wonderful milestones and memories that await you and your baby.

Relief You Can Trust As Your Child Grows

Just as staying healthy is a lifelong goal, so is finding relief when illness strikes — and we're here for you whenever it does. Your baby may not be a baby anymore, but that doesn't mean you can't still rely on the relief you trust from Infants' Advil®. Once your child is 2 years of age, he or she is ready for Children's Advil®.

Did you know that **nothing reduces fever faster* or keeps it down longer than Children's Advil®?**† Did you know that **Children's Advil® also provides 8 hours of relief?** You can feel confident knowing that Children's Advil® is both safe and effective when used as directed.

*Based on reducing fever below 100°F.
†Among leading over-the-counter pain relievers/fever reducers.



Use as directed.



For ages 2-11 years.
Fever reducer, relieves minor aches and pains due to the common cold, flu, sore throat, headaches, and toothaches. Available in dye-free white grape, fruit, grape, and blue raspberry flavors.

Children's Advil® Relief you can trust

Dosing Guide

Find the right dose on the chart below. If possible, **use weight to dose** otherwise use age.



Infants' Advil® Concentrated Drops for ages 6-23 months

ACTIVE INGREDIENT
Ibuprofen 50 mg (NSAID)[†] in each 1.25 mL

Fever reducer; relieves minor aches and pains due to the common cold, flu, headaches, and toothaches

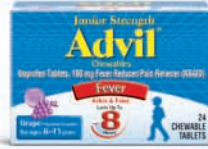


Children's Advil® Suspension for ages 2-11 years

ACTIVE INGREDIENT
Ibuprofen 100 mg (NSAID)[†] in each 5 mL

Fever reducer; relieves minor aches and pains due to the common cold, flu, sore throat headaches, and toothaches

Available in 4 flavors!
• Dye-Free
• White Grape
• Fruit
• Grape
• Blue Raspberry



Junior Strength Advil® Chewables for ages 6-11 years

ACTIVE INGREDIENT
Ibuprofen 100 mg (NSAID)[†] in each tablet

Fever reducer; relieves minor aches and pains due to the common cold, flu, sore throat headaches, and toothaches



Junior Strength Advil® Tablets for ages 6-11 years

ACTIVE INGREDIENT
Ibuprofen 100 mg (NSAID)[†] in each tablet

Fever reducer; relieves minor aches and pains due to the common cold, flu, sore throat headaches, and toothaches

		GIVE YOUR CHILD THE DOSE INDICATED BELOW EVERY 6-8 HOURS, NOT TO EXCEED 4 DOSES/24 HOURS						
PATIENT DOSING	Weight	Age						
	12-17 pounds	under 6 months	Ask a doctor	Ask a doctor about using Infants' Advil®				
		6-11 months	1.25 mL[‡]					
		12-23 months	1.875 mL[‡]					
		24-35 pounds	2-3 years	Ask a doctor about using Children's or Junior Strength Advil®	1 tsp[‡]	Ask a doctor about using Infants' or Children's Advil®		
		36-47 pounds	4-5 years		1½ tsp[‡]			
		48-59 pounds	6-8 years		2 tsp[‡]		2 tablets	2 tablets
		60-71 pounds	9-10 years		2½ tsp[‡]		2½ tablets	2 tablets
	72-95 pounds	11 years	3 tsp[‡]	3 tablets	3 tablets			

For 12+ years, use adult strength Advil®

Use the fever diary below to record your child's fevers and dosing schedule.

Fever:	_____°F or _____°C	Time:		Dose:	
Fever:	_____°F or _____°C	Time:		Dose:	
Fever:	_____°F or _____°C	Time:		Dose:	
Fever:	_____°F or _____°C	Time:		Dose:	

Please refer to Drug Facts on the product label or visit Advil.com for complete warnings. **Important Instructions for Proper Use**

- Read and keep the cartons for complete warnings and information on Advil® products
- If you are taking other drugs containing prescription or nonprescription NSAIDs (aspirin, ibuprofen, naproxen, or others), then consult your doctor before taking any Advil® products
- Adult strength medicines should not be administered to children
- Measure dosing only with the device that comes with the product

[†]Nonsteroidal anti-inflammatory drug.
[‡]Measure dosing only with the device provided.
Shake liquid products well before dosing.

Visit ChildrensAdvil.com for Drug Facts, product updates and additional information.

Children's Advil® Relief you can trust

Important Instructions for Proper Use

Rest assured that you are choosing trusted relief when you choose Advil® products. An important part of this trust is making sure each product is used properly by following these instructions.

- Read and keep the cartons for complete warnings and information on Advil® products
- If your child is taking other drugs containing prescription or nonprescription NSAIDs (aspirin, ibuprofen, naproxen, or others), consult with your healthcare professional before giving your child any Advil® products
- Shake all liquid products well before dosing
- Measure dosing only with the device provided
 - The dose lines on the cup provided with Children’s Advil® Suspension account for product that may remain in the cup due to the thickness of the liquid
- Adult strength medicines should not be administered to children



Visit **ChildrensAdvil.com** for dosing information, product updates and other helpful resources.

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Medicine Cabinet Essentials

Here are important tips on how to make sure your medicine cabinet has all the necessary supplies while remaining safe for you, your baby, and your household:



What do I need?

Some of the essentials include

- rectal thermometer
- fever reducer and pain reliever, such as Infants' Advil® or Children's Advil®
- cotton balls and swabs
- saline drops
- suction bulb
- baby nail clipper
- diaper rash cream, such as Balmex® or Desitin®
- petroleum jelly, such as Vaseline®

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Medicine Cabinet Essentials

- **Where are your medicines?** Keep products in your medicine cabinet out of the reach of children and store them in a secure area with controlled room temperature
- **Clean out regularly:** Make sure you schedule a medicine cabinet cleanout every 6 months
- **Expiration dates:** Check the expiration dates of all the products in your medicine cabinet. Don't forget about makeup and sunscreen—they can expire, too
- **Recalled products:** Check the Food and Drug Administration (FDA) Web site to search for recalled products and to find out if you have any in your medicine cabinet



If you have additional questions about proper disposal, talk to your pharmacist or go to www.fda.gov and search on “disposal.”

Proper disposal: When discarding unused, expired, or recalled medications, take precautions to ensure that you help protect children, pets, and the environment from potentially negative effects:

- Follow any specific disposal instructions on the drug label or its accompanying patient information
- Don't flush medications down the toilet, unless accompanying patient information instructs you to do so
- If no specific instructions for disposal are provided on the label, throw away the medication in the household trash. To make it less appealing to children and pets, mix the medication with an undesirable substance (such as used coffee grounds or kitty litter)

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Infants' Advil®, Junior Strength Advil®, and Children's Advil®



Use as directed.

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