

Growing pains

Growing pains are leg pains that some kids have at night. Despite the name, they are not really caused by growth. Here's how to recognize growing pains and help your child feel better.



What are growing pains?

Growing pains are muscle aches that:

- Usually affect both legs. Sometimes arms may ache too
- Do not involve the bones or joints
- Can be mild or severe
- Can cause a child to wake up during the night
- Are gone by morning
- Don't happen every day. There can be days, weeks, or months between episodes



What causes growing pains?

Many experts think that growing pains occur after children play or exercise harder than usual. Lots of running, jumping, and climbing can overwork their muscles.

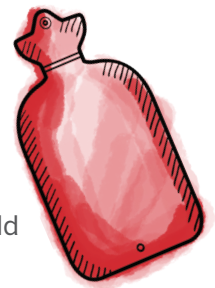


Who gets growing pains?

- Growing pains are common, but not all kids get them
- They usually start between ages 3 and 12
- A child may have them over months or years
- They tend to stop by the teen years

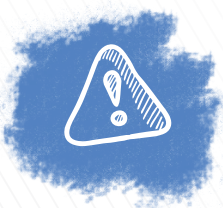
How can I ease my child's growing pains?

- Gently massage the legs
- Use a heating pad
- Have your child do leg stretches
- Call for rest breaks when your child is playing hard



An over-the-counter medicine like TYLENOL® or MOTRIN® can relieve minor aches and pains. Talk to your doctor if you have questions about whether such medication is right for your child's specific pains.

See back for dosages »



When to call your doctor

- Pain is very severe
- A muscle lump does not go away
- Your child is limping
- Urine is dark, especially after exercise
- Swelling doesn't decrease or gets worse after 24 hours



Dosage for children of many ages

from your healthcare professional

Tablets, Capsules, and Caplets



TYLENOL® Regular Strength Tablets and Liquid Gels

Active ingredient: acetaminophen 325 mg (in each tablet/capsule)

Ask a doctor for dosage for children under 6 years.



Use product only as directed.

AGE	Children 6 years to under 12 years	Adults and children 12 years and over
DOSE AND FREQUENCY	1 tablet/capsule every 4-6 hours while symptoms last	2 tablets/capsules every 4-6 hours while symptoms last
MAXIMUM LABELED DOSE	Not to exceed 5 tablets/capsules in 24 hours	Not to exceed 10 tablets/capsules in 24 hours, unless directed by a doctor <i>Total labeled daily dose: 3250 mg</i>



MOTRIN® IB Liquid Gels and Caplets

Active ingredient: ibuprofen (NSAID)* 200 mg (in each capsule)



Use products only as directed.

AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 capsule or caplet every 4-6 hours while symptoms last; if pain or fever does not respond to 1 capsule or caplet, 2 capsules or caplets may be used
MAXIMUM LABELED DOSE	Not to exceed 6 capsules or caplets in 24 hours, unless directed by a doctor <i>Total labeled daily dose: 1200 mg</i>

Liquids, Chewables, and Dissolve Packs

DOSE: Every 4 hours as needed.

Do not give more than 5 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.

Do **NOT** use with any other product containing acetaminophen.

DOSE: Every 6 to 8 hours as needed.

Do not give more than 4 doses in 24 hours.

If possible, use weight to dose; otherwise, use age.

mL = milliliter



Children's TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in: Grape Cherry Dye-Free Cherry Bubblegum Strawberry

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL

Use product only as directed.



Children's MOTRIN® Oral Suspension

Active ingredient: ibuprofen (NSAID)* 100 mg (in each 5 mL)

Available in: Grape Berry Dye-Free Berry Bubble Gum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	5 mL 	7.5 mL 	10 mL 	12.5 mL 	15 mL

Use product only as directed.



Children's TYLENOL® Chewables

Active ingredient: acetaminophen 160 mg (in each chewable tablet)

Available in: Grape Bubblegum

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets

Use product only as directed.



Children's MOTRIN® Chewables

Active ingredient: ibuprofen (NSAID)* 100 mg (in each chewable tablet)

Available in: Grape Dye-Free Grape

WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	2-3 years	4-5 years	6-8 years	9-10 years	11 years
DOSE	1 tablet 	1½ tablets 	2 tablets 	2½ tablets 	3 tablets

Use product only as directed.



Children's TYLENOL® Dissolve Packs

Active ingredient: acetaminophen 160 mg (in each powder)

Available in: Wild Berry

WEIGHT	under 48 lbs	48-59 lbs	60-71 lbs	72-95 lbs
AGE	under 6 years	6-8 years	9-10 years	11 years
DOSE	do not use	2 powders 	2 powders 	3 powders

Use product only as directed.

*Nonsteroidal anti-inflammatory drug.

IMPORTANT INSTRUCTIONS FOR PROPER USE

Today's date: _____

This dosing recommendation from your healthcare professional will expire in **14 DAYS**.

- Always read and follow the label on all TYLENOL® and MOTRIN® products.
- Use only the dosing device (dosing syringe or dosing cup) that came with the product. Do not use any other dosing device.

All Children's TYLENOL® products have the same strength of acetaminophen: 160 mg (in each 5 mL, tablet, or powder).