# How and when to give paracetamol for children

Paracetamol tablets, syrup come in a range of strengths. Children need to take a lower dose than adults, depending on their age and sometimes, weight.

Ask your doctor or a pharmacist for advice if your child is small or big for their age and you're not sure how much to give.

## Dosage and strength

### Syrup doses for children

Infant syrup (sometimes called "junior syrup") is for children under 6 years old. A 5ml dose contains 120mg of paracetamol.

Six plus (6+) syrup is for children aged 6 years and older. A 5ml dose contains 250mg of paracetamol.

#### Important

Do not give your child more than 4 doses of paracetamol in 24 hours. Wait at least 4 hours between doses.

#### Doses for babies aged 2 months

If your baby is in pain or has a high temperature (including after having vaccinations), you can give them 1 dose of paracetamol syrup

The usual dose is 2.5ml of infant syrup.

If your baby was premature, or they're small for their age, check with your doctor or health visitor. They may recommend a lower dose.

You can give your baby 1 more dose of syrup 4 hours later, if they need it. If they still have a high temperature after this, contact your doctor or speak to a pharmacist.

#### Infant syrup: 120mg/5ml

| **Dosage for infant syrup (strength 120mg/5ml) showing by age how much to give and how often** | | |
| --- | --- | --- |
| **Age** | **How much?** | **How often?** |
| 3 to 5 months | 2.5ml | Max 4 times in 24 hours |
| 6 to 23 months | 5ml | Max 4 times in 24 hours |
| 2 to 3 years | 7.5ml | Max 4 times in 24 hours |
| 4 to 5 years | 10 ml | Max 4 times in 24 hours |

#### Six plus (6+) syrup: 250mg/5ml

| **Paracetamol 250mg/5ml syrup dosages for children by age, how much to give and how often** | | |
| --- | --- | --- |
| **Age** | **How much?** | **How often?** |
| 6 to 7 years | 5ml | Max 4 times in 24 hours |
| 8 to 9 years | 7.5ml | Max 4 times in 24 hours |
| 10 to 11 years | 10ml | Max 4 times in 24 hours |

### Tablet doses for children

Tablets usually come as 500mg.

#### Important

Do not give your child more than 4 doses of paracetamol in 24 hours. Wait at least 4 hours between doses.

#### Tablets

| **Paracetamol tablet dosages for children by age, how much to give and how often** | | |
| --- | --- | --- |
| **Age** | **How much?** | **How often?** |
| 6 to 7 years | 250mg | Max 4 times in 24 hours |
| 8 to 9 years | 375mg | Max 4 times in 24 hours |
| 10 to 11 years | 500mg | Max 4 times in 24 hours |
| 12 to 15 years | 750mg | Max 4 times in 24 hours |
| 16 to 17 years | 1g | Max 4 times in 24 hours |

## How to give paracetamol to your child

Paracetamol can be taken with or without food.

### Syrup

Shake the bottle well for at least 10 seconds and measure out the right amount using the plastic syringe or spoon that comes with the medicine. If you do not have a syringe or spoon, ask your pharmacist for one. Do not use a kitchen teaspoon as it will not measure the right amount.

If your child does not like the taste, you can give them a drink of milk or fruit juice straight after giving them the syrup

(Reference: *NHS UK*)