

LittleOak

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NEW ZEALAND

Rhythm first aid

Pain Relief for Your Little Ones, your guide to the when and why.

LittleOak has partnered with Nicole Gleeson, an ED Pediatric Nurse and First Aid Expert from @rhythmfirstaid, to equip our LittleOak families with the essential toolkit for all things paracetamol and ibuprofen.

Paracetamol + Ibuprofen



Panadol, Dymanon and
Panamox

Nurofen, Brufen,
Dimetsapp or Advil.

Mild to moderate pain and can
be used in babies from one
month of age

Mild to moderate pain not
to be used in babies under
3 months of age

Pain and relief of
symptoms of a fever

“Inflammatory” type pain (redness
and swelling) and relief of fever

Every 4-6 hours, up to
4 times in 24 hours

Every 6-8 hours but no
more than 3 times a day

If too much paracetamol is given for
too long it may cause harm, check if
any other medication taken
concurrently contains paracetamol

Not to be used for babies under 3
months, children with a bleeding
disorder, or a child who is dehydrated