

HELPFUL WEBSITES

GENERAL HEALTH / DEVELOPMENT INFO / CAR SEATS

kidshealth.org

healthychildren.org

Their 'symptom check' gives helpful illness advice

EARLY DEVELOPMENT

zerotothree.org

cdc.gov/ncbddd/actearly/parents/index.html

HELPFUL PEDIATRIC APPS

PocketDoc

KidsDoc

Docket

BENADRYL DOSAGE

Child's weight	20-24 lbs	25-37 lbs	38-49 lbs	50-99 lbs	100+ lbs
Liquid 12.5 mg/5mL (1 tsp = 5mL)	3.75 mL	5 mL	5.5 mL	10 mL	20 mL
Benadryl Chewable 12.5 mg		1 tablet	1.5 tablets	2 tablets	4 tablets
Capsules 25 mg				1 capsule	2 capsules

NOTES
