

SEASONAL MOMENTS & MILESTONES

From the first signs of sniffles to their first fever, **TYLENOL®** understands the importance of helping moms and their children get through Cold and Flu season with a smile. Here are some facts and practical tips from Dr. Tanya Altmann to help keep children happy and healthy when the weather takes a turn.

DID YOU KNOW? ON AVERAGE CHILDREN HAVE BETWEEN **6-10 COLDS** EVERY YEAR

EASE CONGESTION



A drop or two of nasal saline in each nostril



Gentle suctioning to remove mucus from their nose



Run a cool mist humidifier or vaporizer in their bedroom at night

GETTING PLENTY OF REST IS KEY



10 HOURS A DAY
FOR SCHOOL AGE CHILDREN
12 HOURS A DAY
FOR TODDLERS

KEEP HYDRATED



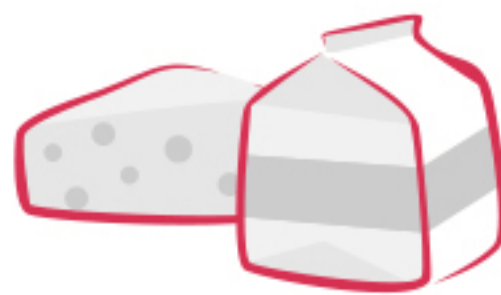
8 GLASSES OF WATER A DAY ARE ESSENTIAL

ESPECIALLY WHEN A FEVER STRIKES



BOOST THEIR IMMUNE SYSTEM

Foods like fresh fruits, vegetables, and milk are essential for a healthy diet.



KNOW WHEN TO CONSULT YOUR PEDIATRICIAN

If your baby **IS UNDER 3 MONTHS** and has a **TEMPERATURE OF 100.4 OR HIGHER,** **ALWAYS CALL YOUR PEDIATRICIAN.**



For more tips from Dr. Tanya Altmann, who is partnering with **TYLENOL®**, please visit SmilingItForward.com. You can also share your child's favorite moments and milestone photos to help **TYLENOL®** support Children's Health Fund and their mission of providing healthcare to children in need.

*Online survey conducted by Mom Central on behalf of the makers of **TYLENOL®** between May 28 and June 2, 2014 among 604 U.S. moms, age 18+, with children who are 0-8 years old.

© McNeil-PPC, Inc. 2014

TYLENOL®
SMILING it FORWARD.