

Paracetamol for children

How much paracetamol should I give my child?

- The dose of paracetamol depends on your child's weight.
- Weigh your child AND check the strength of the paracetamol you have.
- Use the dose guide to find the correct dose for your child's weight.
- Use paracetamol only if needed for pain or fever (if your child is miserable). It should work within 30 to 60 minutes. If it doesn't help or is needed for more than 2 days, see a healthcare provider.



Before giving your child paracetamol

- Check if your child still needs it.
- Wait at least 4 hours between doses.
- Do NOT give more than 4 doses in 24 hours.
- Check the expiry date of the medicine.



Keep a record every time you give your child a dose of paracetamol

- Use the paracetamol dose guide to find the correct dose for your child's weight.
- Write down when you give each dose of paracetamol so you don't give your child too much.

Name of child: _____ My child's weight (kg): _____

Strength of paracetamol: _____ Dose (mL): _____

120 mg/5 mL OR 250 mg/5 mL OR 500 mg tablets or capsules

Date	Dosing times	Date	Dosing times
Date:	Time of dose 1: _____ Time of dose 2: _____ Time of dose 3: _____ Time of dose 4: _____	Date:	Time of dose 1: _____ Time of dose 2: _____ Time of dose 3: _____ Time of dose 4: _____

Liquid paracetamol dose guide



It's important your child doesn't take more than the recommended daily dose.

If your child takes too much, all at once or over a period of days, paracetamol can damage their liver.

Child's weight	120 mg in 5 mL	250 mg in 5 mL
Less than 5 kg	Ask your healthcare provider or pharmacist	Ask your healthcare provider or pharmacist
5kg	3 mL	1.5 mL
6 to 7 kg	3.5 mL	1.5 mL
8 to 9 kg	5 mL	2 mL
10 to 12 kg	6 mL	3 mL
13 to 14 kg	8 mL	4 mL
15 to 16 kg	9.5 mL	4.5 mL
17 to 18 kg	10.5 mL	5 mL
19 to 20 kg	12 mL	5.5 mL
21 to 22 kg	13 mL	6.5 mL
23 to 25 kg	14.5 mL	7 mL
26 to 28 kg	16.5 mL	8 mL
29 to 32 kg	18 mL	8.5 mL
33 to 36 kg	20.5 mL	10 mL
37 to 41 kg	23 mL	11 mL
42 to 60 kg	26 mL	12.5 mL
More than 60 kg	30 to 40 mL	15 to 20 mL