

Making a Plan to Mitigate Pain and Fevers

THE SCIENCE BEHIND BABY BRAINS

[REFERENCE GUIDE]

We are aware that most physicians are unfortunately not aware of all of the evidence we have about the connection between acetaminophen and chemical injury to babies. However, WPLab, Inc. does not provide medical advice and does not recommend any particular method of treating fevers or pain in children. This resource is a free resource for parent education, and should not be used as a medical recommendation or take the place of medical advice.



WHAT SHOULD PARENTS OR CAREGIVERS DO, NOW THAT WE KNOW ACETAMINOPHEN CAN BE SO DANGEROUS?

WPLab cannot give medical advice, so the best advice we can give is to make a plan in advance. This may seem simple, but those critical moments where you or a loved one must see a child suffer, are the times when we react out of emotion, not based on our knowledge or convictions. Making an action plan for what you will do to mitigate pain and fevers (the main uses of acetaminophen) will be a critical tool in your arsenal.

We've compiled a variety of non-pharmacological means of treating fevers and pain from reliable sources that you may find helpful in making your plan. You can find those at wplaboratory.org/alternatives. You can also get more support and information at wplaboratory.org/tips-for-parents-and-guardians

QUESTIONS YOU CAN ANSWER, TO HELP MAKE YOUR PLAN

How much acetaminophen do I want my new born exposed to? This includes what medicines the pregnant woman takes right before birth and what medicines the hospital staff gives my child immediately after birth.

What will we do when my baby/child has a fever? At what temperature will we call our doctor? What methods will we use to bring down the fever? What methods will we use to make them comfortable?

What will we do when my baby/child is in pain? What types of pain might they experience (ex: teething, paper-cut, constipation, etc.) and what will I do in these instances to help them feel better (solutions may vary per situation)?

QUESTIONS YOU CAN ANSWER, TO HELP MAKE YOUR PLAN (CONTINUED)

What will I say to my doctor about my approach to giving my child medication?

What instructions will I give to those that watch my baby/child (ex: family members, babysitters, etc.) as it relates to these critical moments?

Who will I call when I get overwhelmed and need support?

Other Notes to Remember:

About WPLab Inc.: WPLab is a not-for-profit company that conducts research and education related to immune system dysfunction in high-income countries. A current focus is the interaction between the immune system and acetaminophen (paracetamol) early in life, and how that interaction affects brain development. We are currently conducting laboratory work, and, at the same time, work with social media and other venues to educate caregivers about what is known regarding the impact of acetaminophen (paracetamol) on the developing brain. For more information about WPLab, please see our website at www.WPLaboratory.org.

