

To new parents of Silkeborg Municipality's Day Care.

Illness – and pain-relieving medications.

Silkeborg Municipality's child-minders are under the impression that many children frequently receive pain-relieving medications (Panodil; paracetamol) when they are ill.

Children under the age of 2 should, in principle, never be given pain-relievers without a doctor's advice.

This means that you must **always** contact your family doctor if you suspect that your child needs pain-relieving medication.

As a parent, the very best thing you can do when your child is ill or feeling unwell, is to provide care, attentiveness, and plenty of water and food that meets your child's appetite.

Children can become well and healthy in a matter of hours – but they can also develop critical illness in a matter of hours.

To prevent illness, hygiene and hand sanitation is crucial for both you and your child. Hand sanitation can reduce the number of sick days for everyone.

Always wash your hands before mealtimes and cooking food – and after going to the bathroom and blowing your nose.

Your child's immune system – and yours, too – is strengthened by a happy, stress-free everyday life, a healthy diet, sleeping an age-appropriate number of hours at night, fresh air, play, and exercise.

If your child has been home due to illness, he/she can return to the day care when he/she is healthy and feeling well, has no fever, shows no signs of contagiousness, does not need more care than on a normal day, and when he/she can handle standard activities without difficulty.

You are always welcome to contact Silkeborg Municipality's Health Visitors' telephone: 8970 1727 – if you need advice or guidance.