

Dr.  
Cocoa™  
.....  
for Children

# SICK DAY SURVIVAL GUIDE

Everything you need to  
get the kids feeling better fast!



## SICK DAY SURVIVAL GUIDE

# Is an OTC cough medicine right for your child?

Use our guide to find out



**My child is at least 4 years old and is experiencing other symptoms of the common cold, such as a stuffy nose.**

Dr. Cocoa Daytime Cough + Cold Relief can help relieve your child's cough and reduce congestion. It doesn't make kids sleepy, so they can keep on doing the things they love. Plus, by keeping her cough in check, you can help lower the odds that her cold will spread to the rest of the family.



**My child is at least 4 years old and has a mild cough.**

Consider using Dr. Cocoa Long-Acting Cough Relief. Many routine coughs are caused by minor throat or lung irritation brought on by the common cold. This product can suppress coughs for up to eight hours, helping to keep kids comfortable and active.



**My child has cold symptoms, and his coughing is keeping him awake at night.**

Dr. Cocoa Nighttime Cough + Cold Relief formula can quiet coughs and ease congestion, so kids can get the rest they need to get better. Dr. Cocoa and other nighttime cough-and-cold medicines should not be used in children under the age of 6.



### When to call the doctor

*If you can answer yes to any of the following, check in with your pediatrician as soon as possible.*

- ☐ Your child's cough starts with a gasp and sounds like a bark.
- ☐ Your child's cough is accompanied by seasonal allergy symptoms, like sneezing and itchy, watery eyes.
- ☐ Your child has prolonged bouts of coughing that end with a "whooping" sound when he sucks in air.
- ☐ Your child is wheezing.
- ☐ Your child's cough has lasted longer than a week.
- ☐ Your child's cough triggers vomiting or is interfering with breathing.
- ☐ Your child develops a fever, or becomes lethargic and uninterested in playing.

## SICK DAY SURVIVAL GUIDE

# Get 'Em Feeling Better Fast!

4 soothing (and easy!) recipes

### Chicken Soup with Rice



This isn't an old wives' tale: Soup really can help clear congestion, ease sore throats, calm coughs, and un-stuff noses. No one is entirely sure why it works, but there are likely several factors in play: The salt in the broth may absorb excess fluid from swollen throat tissues; the protein from the chicken may offer a jolt of energy; the nutrients from the veggies may boost the immune system; and the fluids may prevent dehydration. No need to boil it all day either—this recipe comes together in minutes.

#### What you need:

10 cups prepared chicken broth  
½ cup long-grain white rice  
1 10-ounce box frozen peas and carrots  
1 cup (1 eight-ounce package) cooked roasted chicken, cut into bite-sized pieces  
Salt and pepper to taste

#### What to do:

1. Over high heat, pour the broth into a large pot and stir in the rice. When it boils, reduce the heat to low and cover. Cook for 15 minutes.
2. Uncover the pot and add the peas and carrots. Stir in the chicken. Cover and cook 5 more minutes. If rice and veggies aren't cooked through, cook another 5 minutes.
3. Add salt and pepper to taste, then serve.

### Vitamin C Smoothie



This blended treat is a great way to sneak in a mini meal when the last thing your child wants to do is eat. The yogurt gives her a healthy dose of protein and the juices are packed with vitamins and antioxidants.

#### What you need:

1 cup carrots  
¾ cup pineapple juice  
½ cup orange juice  
1 Tbsp honey  
½ cup plain or vanilla yogurt  
1 cup ice cubes

1. Blend carrots and pineapple juice in blender until smooth. (Slightly softening the carrots in the microwave first may help them blend.)
2. Add orange juice, honey, and yogurt, and blend until smooth.
3. Add ice cubes and blend one last time until smoothie is the desired consistency.

### Warm Honey Lemonade



Think of this as comfort in a cup: Honey coats and soothes the throat while the juices give your kid a kick of vitamin C. Make a big batch and fill up their mugs all day.

#### What you need:

1 cup lemon juice (6 to 8 large lemons)  
1 cup orange juice (4 large oranges)  
2 ½ cups water  
6 Tbsp honey  
Thin slices of orange or lemon, optional

#### What to do:

1. Juice lemons and oranges and strain out seeds (or use prepared juices).
2. Combine juice and water in a microwave safe bowl or pitcher, and heat in microwave for 3 minutes at full power.
3. Stir in honey and serve. Garnish with lemon or orange slices if desired.

### Apple Ice Pops



Nothing goes down easier than an ice pop—it hydrates, eases achy throats, and feels like a treat! This apple-orange combo is sure to please, but you can mix any of your kid's favorite fruits and veggies for a perfect match.

#### What you need:

3 to 4 apples  
Orange juice

#### What to do:

1. Purée cored and peeled apples with orange juice until smooth.
2. Pour into ice-pop molds and freeze eight hours, or until solid.

## SICK DAY SURVIVAL GUIDE

# Keep 'Em Relaxed & Comfy

14 movies and books that just might make them forget they're sick!

### What to Read

#### **Germs! Germs! Germs!**

by Bobbi Katz and illustrated by Steve Björkman

Germs describe in rhyme how they attack the body to cause illness and how careful people make their life difficult.

#### **Get Well Soon or Else!**

by Sarah Weeks

This is the second book in a rollicking series about two best friends and their misadventures.

#### **Henry and Mudge Get the Cold Shivers**

by Cynthia Rylant

When Mudge gets sick and has to go to the vet, he and Henry share some scary moments. But once again, Henry shows his devotion to his canine friend as he pampers him through his cold.

#### **How Do Dinosaurs Get Well Soon?**

by Jane Yolen and illustrated by Mark Teague

The bestselling, award-winning team of Yolen and Teague are back with another playful dinosaur tale, this time about a sick dinosaur child who catches the flu and must go to the doctor.

#### **Miss Bindergarten Stays Home from Kindergarten**

by Joseph Slate

This read has a playful take on a topic that every single parent can relate to: getting sick! The ever-lovable Miss Bindergarten is just not feeling very well. The flu strikes on Sunday, so she has to stay home from kindergarten on Monday. Mr. Tusky (who is a wee bit rusty) will be her substitute, but it just won't be the same.

#### **Substitute Groundhog**

by Pat Miller

When Groundhog gets sick the day before Groundhog's Day, he has to find a replacement quick.

#### **You Wouldn't Want to Be Sick in the 16th Century!**

by Kathryn Senior

Discover what it was like to be a barber surgeon in the 16th century and why it was a terrible time for people to be sick.

### What to Watch

#### **A Little Princess**

In the midst of World War I, a widowed British officer sends his daughter, Sara, to boarding school in New York City. She makes friends instantly, telling the other students magical stories and assuring them that every girl is special. And it is that belief that helps her stay strong when her father is reported killed in action and she is forced into servitude by the school's icy headmistress.

#### **E.T.: The Extra-Terrestrial**

While visiting Earth, an alien spaceship mistakenly leaves behind one of its own—E.T. (the Extra-Terrestrial). Elliott, a sensitive 10-year-old boy, discovers, befriends, and sets about trying to help him return home before government agents can move in.

#### **Mary Poppins**

It's Mary Poppins, practically perfect in every way! Along the way she teaches the family—especially patriarch George (David Tomlinson)—a little something about the importance of imagination. Plus, she knows how to help the medicine go down!

#### **Star Wars**

In a galaxy far, far away, we follow Luke Skywalker in his quest to save Princess Leia of the Rebel Alliance, who has been kidnapped by the malicious Empire, headed by Darth Vader. With the aid of newfound allies Han Solo, Chewbacca, and Obi-Wan Kenobi, Luke learns to use the mysterious powers of the Force and win the day.

#### **The Princess Bride**

While listening to his grandfather read him a typical bedtime fairy tale, a bored young boy is gradually won over by the story's perfect blend of adventure and romance. Heroic Westley, true love of Princess Buttercup, has gone off to find his fortune. Pirates nab him, and evil Prince Humperdinck whisks Buttercup off to become his wife. But when Buttercup is kidnapped by three unlikely rebels, a mysterious man in black arrives to save her . . . could it be Westley?

#### **The Iron Giant**

Growing up as the only child of a single mom in the Atomic Age of the 1950s isn't easy for Hogarth Hughes. But the lonely pre-teen makes the discovery of a lifetime when he befriends a 50-foot alien robot who, after crash landing on Earth, can't recall his past or purpose. It's all fun and games for Hogarth and his massive companion until government agent Kent Mansley starts sniffing around.

#### **The Wizard of Oz**

Dorothy is carried off her family's farm by a tornado to a strange land with singing Munchkins and rival witches. With the aid of Glinda the Good Witch and a pair of ruby slippers, Dorothy sets out to find the Wizard, who can help her get back home.



## SICK DAY SURVIVAL GUIDE

# Babysitter's Resource Guide

Hang this on the fridge or by the phone and your sitter will have all the important info she'll need in case of an emergency.

**OUR ADDRESS** \_\_\_\_\_  
\_\_\_\_\_

### OUR PHONE NUMBERS

Home: \_\_\_\_\_

Mom cell: \_\_\_\_\_

Dad cell: \_\_\_\_\_

### OUR DOCTOR

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### ALLERGIES

Child's name: \_\_\_\_\_

List allergies here: \_\_\_\_\_

Child's name: \_\_\_\_\_

List allergies here: \_\_\_\_\_

Child's name: \_\_\_\_\_

List allergies here: \_\_\_\_\_

**POISON CONTROL: 1-800-222-1222**

### 3 Kids' Health Websites to Bookmark

- **Kidshealth.org/parent**  
Make this your first stop for general health info, which is all created by the Nemours Foundation.
- **Healthychildren.org** Don't miss the symptom-checker tool on this American Academy of Pediatrics site.
- **Nccam.nih.gov** Curious about alternative treatments? This is the place.

### 3 Medication Safety Facts

- **Never give aspirin to kids.** It can increase their risk for Reye's syndrome, a dangerous condition.
- **Always use a calibrated syringe or dosing cup.** This way you can ensure you're giving the correct amount.
- **Keep drugs out of reach.** Think a high, locked cabinet!

## SICK DAY SURVIVAL GUIDE

# 8 Easy Ways to Help the Medicine Go Down

No need to strong-arm your kiddo to swallow his meds. These savvy tips will have your child opening wide—and feeling better in no time.

### FOR COUGHS & COLDS

**Find a medicine your child will easily take.** Go with Dr. Cocoa!

When you start with a medicine designed to please kids' palates, the fight will be over before it even starts. Dr. Cocoa's over-the-counter cough and cold medicines are made with 10% cocoa for a real chocolate taste. Chocolate is an intense flavor that does a good job masking the taste of many medicines. Dr. Cocoa Long-Acting Cough Relief and Dr. Cocoa Daytime Cough + Cold Relief are indicated for children ages 4 and older. Dr. Cocoa Nighttime Cough + Cold Relief is indicated for children 6 and older. Always read and follow label instructions.

### FOR EVERYTHING ELSE

**Connect the dots.** Explain that the medication will make your child feel better faster—and soon she'll be well enough to do the things she loves. Be sympathetic to your kid's concerns that it won't taste good or is "icky," but make sure she knows that taking medicine isn't up for debate. It's okay to sweeten the deal with a treat after she takes it—a sticker, say, or a couple of M&M's.

**Transform the texture.** Some liquid medications have a thicker consistency or a weird color that causes kids to zip their lips. If your child complains about the way it looks, thin out the medication by mixing it in juice or water, or change the color by swirling it in a small amount of yogurt or a glass of milk.

**Turn it into a game.** Create a checklist of the days and times your child needs to take her medication, then let her put a sticker or star next to each dose she's



finished taking. This helps kids feel like they're playing an active role in taking care of themselves. Plus, they'll get a sense of accomplishment when the whole chart is covered with gold stars.

**Serve it chilled.** If your child's doc okays it, keep liquid prescription medication in the fridge. The cool temps

help minimize the intense taste. Another option to consider: Ask your pharmacist if it's possible to add customized flavoring to a prescription—it often is!

### FOR DEALING WITH PILLS

**Smother with whipped cream.**

Turn pill-taking into a treat with this trick: Place the pill on your child's tongue, then immediately cover it with a squirt of whipped cream. The sweet sensation distracts your child and helps him swallow the whole thing down.

**Sneak them in.** Most pills can be crushed into easy-to-swallow foods like applesauce and yogurt. (Just check with your doctor first to make sure that it's okay to mix the medicine with these foods.) Of course, there's also nothing wrong with simply hiding the pill inside one of your kid's favorite dishes, like mashed potatoes or mac-and-cheese.

**Do the chin tilt.** For older children, try this simple capsule-swallowing technique: Have your kid pop the capsule in his mouth and take a sip of water. Before swallowing, have him tilt his head toward the floor. This automatically makes the capsule float to the top and back of the mouth, making swallowing a snap.

### PUT SAFETY FIRST

Once you've transformed the medicine-taking experience into a pleasant (or at least less stressful) one, make sure your child understands that medications aren't candy. Accidental overdoses are one reason that pharmacies no longer recommend cough-and-cold medicine for very young kids. Keep prescription meds (yours, too) in a locked cabinet, and be sure the childproof safety caps are on securely.

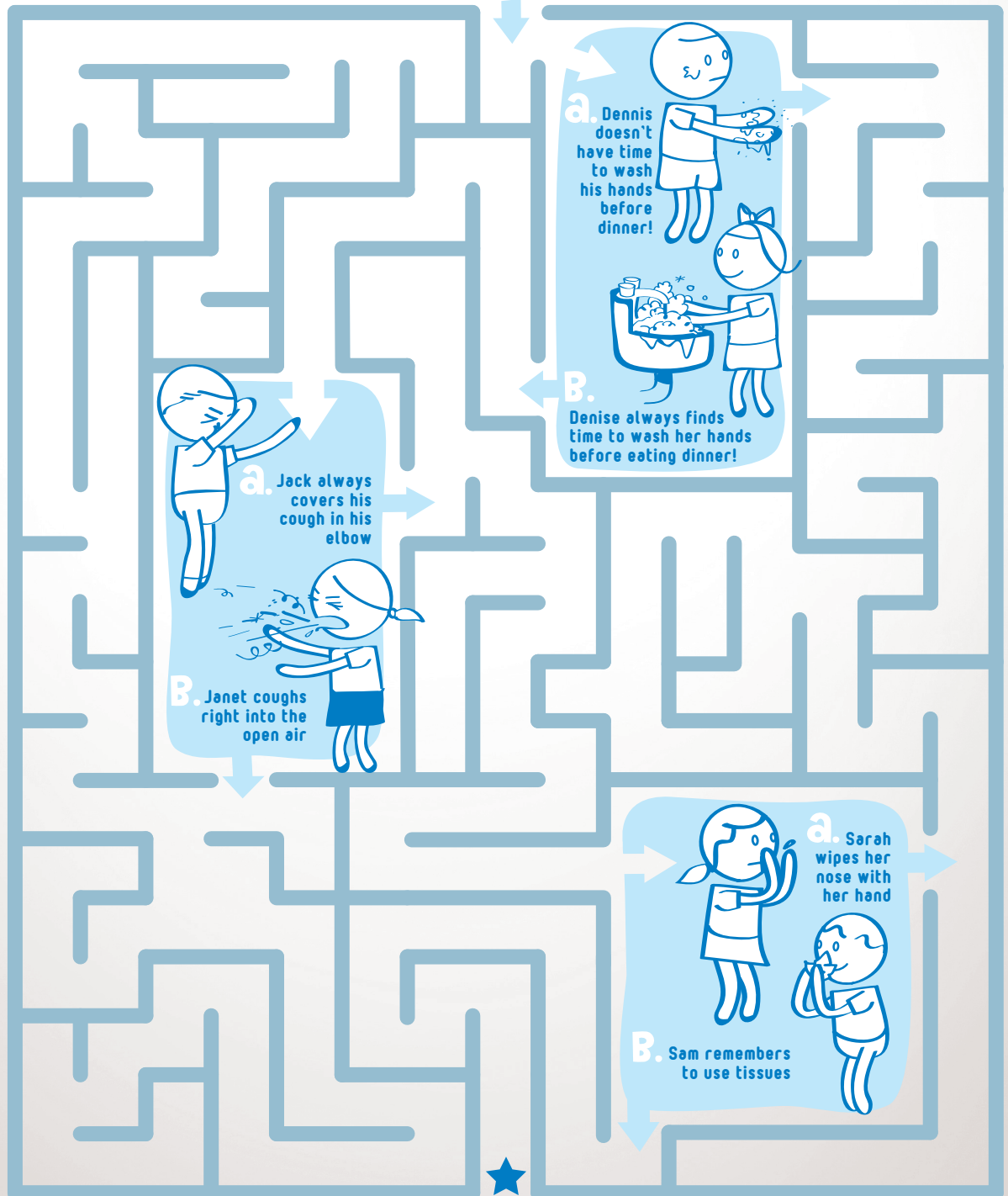
# A Healthy Challenge

Help your child learn the habits that help keep germs where they belong . . . away!

START

## Tips to help you along the way:

- ☐ Wash your hands to remove germs that can make you sick.
- ☐ Practice the elbow cough so you don't spread germs to others.
- ☐ After you use a tissue, put it in the garbage—not your pocket.



**Congratulations!**

You found the path to good health!

# The Day Johnny Got Sick

Johnny came home from school feeling as if his backpack was full of 10 pound rocks. He dragged himself over to his favorite chair, plopped down, and moaned. His nose was runny, his head ached, and he couldn't stop coughing.

"MOM!" he cried out. "I think I'm sick!"

"Oh, dear," said his mom. "Let me take a look at you."



"I don't want to go to the doctor," said Johnny.

"And I don't want to be sick. I have a soccer game tomorrow."

"I know, honey," said his mom. "I know just what to do."

"Ugghhh-hugh-hugh!" coughed Johnny, as he curled up with his favorite stuffed animal.

Johnny's mom checked his temperature to make sure he didn't have a fever, and then she had him get right into his PJs.

"Here, Johnny. Have a little orange juice while I make you some chicken soup for dinner," said his mom. "Right now, I want you to snuggle up on the couch and rest."

"Ok, Mom," said Johnny. "I'll try to take a nap."

"Good idea," said his mom. "We'll see how you're feeling after dinner. If you're not any better, maybe we'll try a little medicine before bed. Love you, buddy!"



## The next day...

Draw a picture or write a few sentences about what you think might happen next in the story. Do you think Johnny has a restful night and feels better in the morning? Do you think he gets to play in his soccer game? Do you think his stuffed animal comes to life? Use your imagination to think of the possibilities and then record the idea you like best.