



Children's Dosage Rules

Children under 1 year old

Fried's Rule age in months \div 150*

Children over 1 year old

Augsberger's Rule (1.5 x weight(kg)) + 10*

Gabius Rule

1 year = $\frac{1}{12}$ adult dose
2 years = $\frac{1}{8}$ adult dose
3 years = $\frac{1}{6}$ adult dose etc

**resultant value x adult dose = child dose*

Compliance Tips for Children

- Crush tablets and mix with yoghurt or honey
- Use MediHerb Flavouring Mixture to mask the flavour of liquid formulations
- Use other sweetening agents: fruit juice concentrate, maple syrup or fruit puree
- Consider glycefracts or powdered products
- Be positive! Even the youngest patients take their compliance cues from their practitioner