

# Baby Basics

## Caring For Infants In Cough And Cold Season

(NAPSA)—The common cold is nothing to sneeze at. Most years, a child under 2 years old may get as many as eight to 10 colds, the National Institutes of Health reports, especially if he or she is in day care or has older siblings.

When your baby is feeling miserable with clogged nasal passages, it can be especially stressful because it tends to disrupt things like feedings and sleeping, since babies tend to breathe through their noses more than adults.

### How To Handle Baby's Colds

So what's a parent to do? These four steps may help:

1. Give your baby plenty of fluids. Water is fine, but warm drinks can be more soothing.
2. A warm, moist atmosphere can ease breathing. Use a humidifier or take your baby into the bathroom and run a hot bath or shower.
3. Keep the room well aired and at a comfortable temperature.
4. Often, babies need their noses cleaned out with an aspirator to help them breathe easier. The "sucker ball" is still the go-to baby product for helping babies who can't blow their own noses. It's an instant way to ease cough irritants, too. The Little Remedies® Stuffy Nose Kit comes with an aspirator and saline spray and drops.

In addition, Ilana Wiles, founder of MommyShorts.com, offers this advice: "Besides lots of hugs and cuddles, I like to give my kids all-natural Sore Throat Pops from Little Remedies when they get sick and have a sore throat. I don't let them have lollipops that often so this feels like such a special treat in an otherwise miser-



**While it's almost inevitable that your baby will catch a cold, you can take steps to relieve the symptoms.**

able day. They get so excited about those pops."

The pops are just part of the Little Remedies portfolio of cold care products that includes Little Remedies Sore Throat Pops, Little Remedies Saline Spray/Drops, Little Remedies Stuffy Nose Kit, and Little Remedies Sterile Saline Nasal Mist.

Created by a pharmacist and dad, Little Remedies is made with everything they need, nothing they don't. There are no artificial flavors, dyes or parabens. The Stuffy Nose Kit flushes little noses to help your baby or young child breathe easier with no side effects. The Saline Spray and Drops also moisturize nasal passages that are dry, irritated or crusty due to low humidity, heated environments, air travel, allergies or colds. Daily use of saline drops will help keep nasal passages clean and moisturized.

### Learn More

For further facts on helping your little one overcome a cold and more information on where you can find Little Remedies in nearby stores, go to [www.littleremedies.com](http://www.littleremedies.com).