

Pointers For Parents

Ease Your Child's Upset Stomach Or Stuffy Nose With These Gentle Remedies

(NAPSA)—It's not something any new parent wants to anticipate, but the reality is, infants and toddlers sometimes don't feel well. Upset stomachs from gas and runny noses are common among youngsters and can happen at any time of the year. When children are not at their best, there are several easy, tried-and-true remedies that are safe for parents to learn to help kids start feeling better quickly.

Upset Tummies

Burping is best: Gently burping your infant or toddler is the easiest way to relieve discomfort from gas during and after feedings and meals. If your little one doesn't burp immediately, this is normal—just lay him or her down on his or her back for a few minutes before trying again.

Keep on moving: An active infant or toddler is a less gassy one! Supervised tummy time and keeping your little one's legs and arms moving is another simple technique to keep the flow of oxygen steady to prevent discomfort from gas.

Experiment with food: Certain foods your infant or toddler enjoys eating, such as broccoli, beans and cauliflower, may cause extra gas. Because of this, products such as Little Remedies® Gas Relief Drops and Little Remedies® Gripe Water are ideal for liberating pains from excess gas. Little Remedies® believes "less is more" and strives to make sure that each of its products contains just what is needed for fast, safe relief—nothing more. With no artificial colors, flavors, alcohol, saccharin or preservatives, these remedies provide a comforting relief to upset stomachs due to gas.

Stuffy Noses

Fluids, fluids and more fluids: Plenty of fluids, especially water, are a little one's best friend



Parents can help children feel better, naturally.

when it comes to stuffy nose symptoms. For older children, warm broths, soups and other drinks can also work wonders.

Just add moisture: A little moisture goes a long way! Room humidifiers and saline nose drops such as Little Remedies® Saline Spray/Drops moisten the nasal passage and flush out unwanted mucus from little noses. This non-medicated product can be used as often as needed without the worry of any harmful side effects or drug interactions. Its specially buffered formula is alcohol free, will not sting or burn delicate nasal membranes, and has a baby-size applicator tip.

For more information on Little Remedies® and the full line of products, visit www.LittleRemedies.com, or join them on Facebook at www.Facebook.com/LittleRemedies and @LittleRemedies on Twitter for updates.