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Colds and Kids!

It is terrible to watch a child suffer from a cold. I think all of us at one time or another thought about grabbing the cold medicine for them, but recent research reveals that children's cold medicines can pose a serious health concern AND they are not even effective.

We all need to recognize that colds are normal and maybe even necessary part of childhood. Building a child's immune system is important and it builds strength to fight other things. The best advice from Dr. Watkins is to avoid those cold medications

When ever it is safe to do so and work with your child on the all-natural types of relief from those nasty cold symptoms.

Remember, in October 2007, the makers of the infant's over the counter oral cough and cold medicines were pulled from the shelves and off the market completely. That is a pretty drastic move so it is most likely safe to feel something was happening.

Most common colds are from virus, which means antibiotics are not effective. Antibiotics fight bacteria, not virus.

What can you do when your child has a cold? Dr. Watkins recommends keeping your child's chiropractic appointment. It will speed recovery and prevent future attacks of the common cold. Your child's regular chiropractic appointment can help

to keep your child's immune system in most advantageous condition, which will better help them to fight off colds and other illnesses.

You can drip saline into your child's nose. Saline is available at your local drug stores. If it is a baby, use a bulb syringe to clear your baby's nose. First squeeze the bulb to expel all air. Then place the top of ¼ to ½ inch into your baby's nostril and point it toward the back of the nose. Once in place, release the bulb so it can suction the mucus. This is very important for newborns because they breathe almost exclusively through their noses.

Another good tip is to run a vaporizer or humidifier in your child's room. Remember, don't aim the mist toward the baby's crib and don't forget to change the water daily.

Also, boost the baby or the child's fluid intake, and keep your child upright as much as possible. If you have an older baby or child with a cough try some honey. Do not give honey to a child under the age of one. The childhood health organizations advise against this because of the risk of infantile botulism.

First and foremost, remember that you know your child best. If your child is exhibiting any unusual symptoms or is acting very sick don't hesitate to call your health care provider. Our goal....healthy children!

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