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FORWARD TO A FRIEND PRINT



Dwarfing the Cold

Remedies for the Common Cold

Huggable Humidity

If your child isn't sleeping well because their throat is scratchy or nose is plugged, humidity will help. Picking a cool mist humidifier over a warm mist model. Both create equal amounts of humidity, but warm mist humidifiers actually produce hot steam and may pose a scalding risk if kids come too close to the unit. Any humidifier will do, but we fell in l-o-v-e with these adorable animal models from **Crane**. They come in ducks, cows, elephants, frogs and many other cute critter shapes. And, if the humidity doesn't help, at least your child will have a new buddy in their bedroom. (\$57.99, available at www.babiesrus.ca)



A Wetter Wipe

We had one of those elusive "a-ha" moments when we found **Boogie Wipes** on the shelf for the first time. Imagine trying to change a dirty diaper with a dry wipe. The efficiencies brought to the change table by wipes have arrived at the end of your child's plugged nose with the invention of Boogie Wipes. Made with soothing saline, these wipes get rid of the dry crusties so gently, our kids now ask for them by name. (www.boogiewipes.com for retailers across Canada.)

RELATED ARTICLES

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- [Hand Washing Tips](#)

Spray Plan

The biggest frustration with really young kids and colds is their inability to blow. It takes little children a few years to master the art of blowing their noses effectively. That's where the spray plan comes in. If a wipe isn't enough to clear out those clogged passages, grab some **Little Noses**. This saline spray is so gentle that the dosage is the same for both infants and adults. Combined with a nasal aspirator, it provides the 1-2 punch needed to knock out stubborn stuffiness. (\$5.29, available at www.well.ca)

So don't be bashful when fighting your kids' colds. These simple solutions will help everyone in your family live happily ever after.

Good to Know: Heath Canada suggests that if your child's cold symptoms do not improve within 6 to 10 days, worsen, or are accompanied by a fever higher than 38°C or by thick mucus (phlegm), you should consult your doc.

How to Find
 Crane Humidifiers
www.crane-canada.com

Find More on Sharesavvy
[Village Park Pediatrics](#)

Boogie Wipes
www.boogiewipes.com

Little Noses
www.littleremedies.com