

Beating the Snotty Nose Blues

Julie Maree Wood



This is a time of year when every child seems to have a snotty nose. No matter how many times you wipe it, it just keeps coming back!

A snotty nose is not only uncomfortable for your child and unsightly for parents, the congested area is also a wonderful environment in which bacteria and viruses love to lodge and develop. This can lead to complications such as flu and ear infections. There are some simple steps you can take to help reduce the amount of mucous being produced and also help to prevent re-infection with more bugs.

☆ Teach your children to wash their hands properly. Explain why they need to do it so often and how it helps to keep bugs away that can make them sick. Using soap and water and scrubbing under water can help to get rid of an enormous amount of bugs and other nasties. If they cannot get to a tap before eating their lunch or morning tea, then pack some wipes in their lunchbox and encourage them to use them.

☆ Teach them to blow their nose well. This is a wonderful way to clear the passages. Adults use it all the time, but children are rarely taught how to give their nose a really good blow. Give them a few good lessons. Telling them to pretend they are blowing up a balloon with their nose often helps them to understand how to block off the right passages.

☆ Elevate their heads in bed. This may mean raising the mattress a few degrees or giving them 2 pillows for a couple of nights. This uses gravity to drain nasal passages and sinuses overnight. It can also help them to sleep better when congested.

☆ Don't feed them mucous forming foods. Bananas, chocolate and dairy are all considered to encourage the production of mucous or thicken it and so make it more difficult to expel.

☆ Ensure they drink lots of fluids. Water is best if they will drink it. Fluids help to literally water down the mucous and so make it easier to expel.

☆ Use mucolytic foods: These are foods that help to break down mucous and includes things such as onion, garlic and vitamin A rich foods like carrots.

☆ Snot buster syrup: Dice an onion and sprinkle it with 1 tablespoon of brown sugar. Cover and refrigerate overnight. Strain and keep the syrup in an airtight container in the fridge. Use a teaspoon of it as needed.

If your child has a constantly running nose, regardless of weather or other illness, then it may be time to consult with a healthcare professional as there may be some underlying cause that needs to be treated.

Julie Maree Wood
Naturopath and Nutritionist

Julie is available for consultations on Thurs. Appts are available via 0420 576 826 or email Julie@artofhealth.com.au

