

10 tips for parents of 3-12 month old babies with colds

- ✔ Colds are common – a baby might get as many as 12 colds in the first year. They're usually nothing to worry about – if it's just a cough, sniffles and a slight fever, you can rest assured and just wait and see what happens.
- ✔ Colds are spread by coughing and sneezing, which spreads cold viruses to hands and hard surfaces. From there they can cause infection if they come into contact with your baby's nose or mouth.
- ✔ Prevent your baby catching a cold:
 1. Keep your baby away from cigarette smoke
 2. Breastfeed
 3. Wash your hands regularly and others who touch your baby must do the same
 4. Keep your baby away from crowds as much as possible. This includes crowded childcare centres
 5. Cover your mouth and nose when you cough and sneeze
- ✔ Recognise symptoms that may indicate something is seriously wrong. These include a high fever, severe cough or symptoms that get worse after the third day. Visit the doctor immediately if your baby has symptoms which indicate something serious could be wrong.
- ✔ Give your baby plenty of love and attention – they'll probably be grumpy and need lots of cuddles and reassurance.
- ✔ Make sure baby gets enough water and food. They don't need to eat or drink extra, but try to get them to eat and drink as much as they usually do. This may be difficult because a blocked nose can make feeding hard.
- ✔ Don't send them to childcare unless they are well enough to play. Talk to your childcare provider about when you should send them back.
- ✔ Don't give your baby any medicines, including cough syrup, unless they are prescribed by a doctor. Don't give them antibiotics unless they have another infection – antibiotics do not treat colds.
- ✔ Do not overheat baby – keep them warm but don't try to make them any warmer than usual. It won't help them recover and could be dangerous.
- ✔ Beware of natural remedies like vitamins and honey. Although these may be safe for older people, they can be dangerous for babies.

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