

# Pointers For Parents

## Treating Colds And Coughs

(NAPSA)—When kids come down with a cold or cough, the first thing mom wants to do is make them feel better. Times have changed, but mom's need to care for her family hasn't. So when tender loving care isn't enough, there are several ways by which moms try to alleviate cold symptoms and help their children feel more comfortable when they are sick.

Many moms use the age-old remedy of keeping their children hydrated when they are sick. Drinking plenty of liquids can help replenish lost fluids and help maintain proper hydration.

In addition, cold liquids and popsicles can help bring down a fever, while warm liquids like homemade chicken soup can help loosen mucus and open airways.

To relieve a child's cough due to a common cold, moms use topical creams or ointments that have aromatic medicated vapors to help open airways and make breathing more comfortable without making children drowsy.

For more than five generations, moms have been rubbing Vicks VapoRub onto their children's chests and throat to relieve coughing and on muscles and joints to temporarily relieve minor aches and pains.

The medicated vapors contain natural ingredients such as camphor, menthol and eucalyptus oil to relieve a cough and provide a feeling of freer breathing for children. Moms also make sure to keep clothing loose around the throat and chest so children are



**The inhaled vapors of camphor and eucalyptus oil can help create a feeling of increased airflow and help suppress coughs.**

more comfortable and the medicated vapors can easily reach the nasal passages.

Dr. Jennifer Shu, a pediatrician and parenting book author, recommends a topical ointment to her patients and family as one option for relief when they are suffering from the cold or cough. "As a mother and a pediatrician, I often use Vicks VapoRub to help my family members feel better when they are suffering from a cough due to the common cold," Shu said.

In addition, moms place a cool mist humidifier in their child's room to help soothe your congested child and moisten a dry and irritated nose and throat. Now there are humidifiers that have night-lights to help soothe and comfort children all night long.

Above all, moms comfort their children when they are sick and make sure they get plenty of rest so that the cold can run its course as quickly as possible.

For more information, visit [www.vicks.com](http://www.vicks.com).