

5 Tips to soothe your baby's blocked or runny nose!



1 Use a humidifier

- Use a humidifier in your baby's bedroom to prevent the nose from drying out.
- If you do not have a humidifier, consider letting your baby sit in a warm bath several times a day. The steam can help to loosen mucus.



2 Warm bath

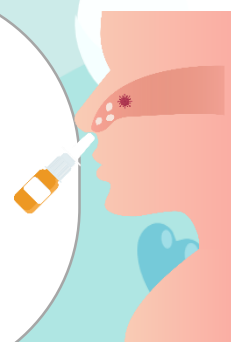
- Taking a warm bath may be enjoyable for children who can sit upright on their own.
- This activity helps to distract your baby from their discomfort.
- Warm water can also help to clear your baby's blocked nose.



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3 Use nasal saline (mixture of salt and water) drops or spray

- Put one or two drops of saline into your baby's nose to help loosen the mucus.
- If the mucus is thick, try using a nasal spray instead. You may want to try this just before feeding.
- After a few minutes, try to remove the mucus with a nasal aspirator.



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4 Massage

- Gently rub the bridge of the nose, eyebrows, cheekbones, hairline, and bottom of the head.
- Your massage may be soothing if your baby is congested and fussy.



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5 Improve home air quality

- Quit smoking
- Do not use scented products or burn incense near your baby. If necessary, use unscented candles.
- Use an air purifier in your baby's room.
- Reduce any fur, hair or feathers from your pets by cleaning frequently.



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When to bring your baby to the Doctor?

Consult a doctor if your baby develops:

- Fever
- Rash
- Face or lip swelling
- Signs of poor appetite
- Signs of discomfort or pain
- Blueish lips or breathing difficulty

If you have any enquiry, you may wish to consult our Pharmacist for appropriate advice [here](#).



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