



# A Winter's Chill

A tale of babies, colds and sleep



**The cold weather has bought with it stuffy noses and sneezes. I know we are all irritated by**

**these pesky viruses, however, it is so much worse when a baby gets a cold. And it is normal for a baby to catch 6-8 in their first year! Jo Tantum takes us through the motions.**

What most people don't think about is that something natural like blowing your nose a baby can't do until they are around 2-years-old!

Another fact that many people don't realise is that babies naturally breathe through their nose. And only breathe through their mouth when crying!

When a baby is unwell with a cold it can affect many things, feeding and sleeping included.

If your baby's nose is blocked they find it very difficult to breastfeed, as they can't breathe and feed at the same time. They then get hungry and upset,

and many mums get anxious as they know their little one is hungry but can't feed.

So what happens is that as your baby doesn't have enough to eat during the day, they wake for a feed in the night to compensate. After a few days it becomes a habit and night-time waking becomes a pattern every night.

Sleep time becomes a worry then, as of course when a baby is put down in their cot or Moses basket they can't settle as their little noses get blocked. What most parents do at this time is resort to holding baby on their chests to help them sleep, and of course when baby gets better they have got into a habit of doing that every time they want to sleep.

Often baby can wake every hour as their nose gets blocked and then they wake with a bloodcurdling scream as they can't breathe. This of course leads to very tired babies and parents who are at their wit's end.

So follow my guide to helping your baby get over a cold

quickly you won't need to end up in a sniffing, sleep deprived heap.

I am going to let you into a few secrets:

## Secret 1

I have found the perfect solution for babies with colds. It is called Baby Nose Clear, it is a nasal aspirator with a difference. It is completely natural, non-invasive, award-winning and paediatrician approved.

It was invented by a mum of triplets (so I think she knew what she was doing)! Apparently keeping mucus clear from a baby's nose also prevents coughs, ear infections, tummy aches and diarrhoea. So it must be good!



### Secret 2

Adding some saline drops or spray before using the aspirator will also help relieve your baby's congestion. This softens the mucus so it is easier to clear.

You can make your own saline drops by dissolving half a teaspoon of salt in one cup of warm water. This will help clear your baby's nose before feeding so they can feed better and also before they go to sleep, to aid restful sleep.

### Secret 3

Raising your baby's cot at the head end either with a few books or there are blocks that you can buy. Or you can use a towel or pillow under the mattress. This helps your baby by draining the mucus away, and stops your baby's nose blocking.

### Secret 4

There are a few cold remedies that you can buy that can help clear your baby's nose and help them breathe more easily. Unfortunately you can't use them on babies below 3-months-old as they contain menthol or eucalyptus, which irritates the delicate lining of their little noses.

I have found the only thing on the market that is safe to use with babies under 3-months. That is because it is completely natural blend of pure essential oils, of tea tree and pine, which acts as a natural decongestant and has anti-bacterial properties and it smells lovely.

It is called Baby Nose Clear Room Vapour. You can add a few drops onto a flannel on the radiator or a small bowl of warm water, this fills the room with vapour and helps baby breathe more easily. And helps them sleep longer so they can get better. We all know sleep heals!

### Secret 5

Also from 3-months-old you can use the vapour oil in the innovative inhaler dummy, this can be used when you go out so your little one can have a clear nose as well as when you are doing the massage and putting pj's on as at this time in the evening your baby will

be tired, hungry and just want to go to bed, and I am sure they aren't the only ones!

### Secret 6

Getting an humidifier for your baby's room will also help as central heating can irritate a cold as it dries the room out. Or for a cheaper alternative use a wet flannel on a radiator.

### Secret 7

Massaging your baby will also help them to recover as it helps develop their immune system. You can use natural oil such as grape seed oil up to 3-months of age and after that you can use another great find of mine; Baby Nose Clear Massage Oil.



This has natural oils like tea tree, pine and lemon verbena that like the vapour have a natural decongestant and they also have a calming affect. So using this to massage your baby before bedtime will help your baby settle more quickly and sleep without a stuffy nose.

### Secret 8

A bedtime routine for colds:

1. Prepare baby's room with the room vapour, a few drops on a flannel or in warm water and place on a radiator to humidify the room
2. Run a lovely warm bath for your baby with warm towels so they don't get a chill. Put a few drops of saline in their nose to soften the mucus
3. Now massage your baby using the BNC massage oil (3-months and over). When massaging make sure you keep them cosy and warm in a towel
4. Dress them in their pj's – you can use the vapour dummy whilst this is happening as they get so upset as they are tired, hungry and fed up at the end of the day just like us!
5. Put a few drops of BNC room vapour

on a flannel or in warm water, so when baby goes to sleep it will work it's magic

6. Use the BNC to clear the congestion from their nose, so that they can have a good feed before bedtime without getting upset

7. Settle your baby in their Moses basket /cot with the head end elevated to ease congestion

8. sssshhhhh sweet dreams!!

I first came across BNC about five years ago at a baby show. I had always used the bulbous ones with my babies but they hated them, so I was very excited and bought one on the spot.

From then on I have taken a new BNC to each job I do and when a clients 8-week-old baby started with a cold on day two of me being there. I knew I could use the BNC and also the room vapour, when mum thought there was nothing that we could use with such a young baby.

I love the products as they all use natural ingredients and they all work so well together.

So next time your baby has a cold don't worry, as there are some fantastic products on the market that can relieve the stress, tears and lack of sleep that usually accompanies this winter season.

I know it is difficult to keep your baby comfortable and in their routine when they have a cold but if you use all or some of my secrets it won't be so bad, and of course always give your baby lots of extra cuddles!

Jo Tantom is the UK's leading baby sleep specialist and she has all the answers when it comes to getting your baby to love sleeping! Go to her website [www.babysecretsltd.com](http://www.babysecretsltd.com) to get more advice.

The award winning Baby Nose Clear Aspirator is available from Boots and Waitrose. And the other award winning products from [www.4little1.com](http://www.4little1.com). Where the BNC care set is for sale at a special price of £18.99! You can also get lots of information there as well.