

NEEDED ITEMS:

- Nasal clearing tool - NasaKleen or NoseFrida
- Sterile saline drops - Little Remedies, Boogie Drops are examples but can be generic
- Xlear Kids drops

Purpose: To help your baby breathe well through the nose by minimizing inflammation, keeping a moist environment, and reducing bacterial and fungal levels. This will help your child maintain nasal breathing and can be a very helpful step in enabling your child to sleep through the night (when a little older). This can also help reduce the incidence of colds.

Directions:

Step 1: Moisten the nasal passages with saline drops. Place a drop or two in each nostril and let baby inhale it.

Step 2: Nasal clearing/suction

Step 3: Re-moisten with Xlear drops, 1-2 in each nostril and let baby inhale

Repeat 2x daily for prevention. As child gets older, can switch to a battery-powered nasal clearing device, blowing the nose, then eventually a nasal irrigator (i.e. Neti Pot-like device)

Nasal hygiene is recommended for *life!* Infants, toddlers, children and adults should all be cleaning their noses at least once per day. We have come to accept that brushing our teeth 2x daily is a must, bathing daily is a must, and thus nasal hygiene should be there as part of your daily routine.

Visit our website to review the importance of nasal hygiene for nasal breathing, optimal sleep, optimal growth, optimal development, and optimal well-being.