

Remedy for Nighttime Coughing!

Recently, cough medications have been in the news due to their ineffectiveness and potential dangers when administered incorrectly (or even correctly) to children under 2. There has even been some debate about whether cough medications are safe for children over 2. So, what is a parent to do when their child is up all night coughing?

There has been an email circulating that states that the National Research Council Canada studied the effects of putting Vicks Vapor Rub on the soles of feet at bedtime and then covering with socks as a remedy for nighttime coughing. Unfortunately, the rumors have been dispelled not because the treatment is ineffective, but because the research has never been conducted by the National Research Council Canada. The good news is that a few people I know have tried this remedy and it has worked ! The bad news is that it hasn't worked for everyone.

So, if your child has a cough and you want to help your little one, here are five things you can do to help with nighttime coughing .

- Use a cool or warm mist humidifier in the child's room at night
- Have the child drink plenty of fluids during the daytime
- Use a vapor rub on the child's chest and neck at night
- Limit dairy products for the duration of the cough as this can thicken mucus
- Try the Vicks Rub! It seems to work for a lot of people!

* You should always check with your child's physician before using any remedy for illness. Always follow product guidelines for age and weight for all medications!