

How To Use Steam For Your Kid's Cold

Pharm. Timeyin Ogungbe

www.bit.ly/auntypharm



**If your little one has a cold
and has trouble breathing, get
him/her to inhale steam.**





Steam inhalation continues to be the most effective against cold, cough, flu and irritable sinuses. .



Steam inhalation is a method of introducing warm, moist air into the lungs via the nose & throat for therapeutic benefit. Here is how it works:



1.

The hot steam moistens your child's nasal passages, thus clearing his/her blocked nose and opens up congested sinuses allowing you to breathe more easily.



2.

The hot steam circulating through your child's body causes the temperature to rise and consequently blood vessels to dilate. This causes an improvement in blood circulation



3.

Also, your child's immune system notices this rise in temperature and increases the production and action of White Blood Cells leading to a stronger resistance against bacteria and germs



The ailments of the upper respiratory tract can be satisfactorily healed by steam inhalation. Your child's cold will soon be a thing of the past with steam inhalation



How To Carry Out Steam Inhalation

Method 1

{If you have a shower that can run hot water}

1.

Close the bathroom windows.

2.

Plug all spaces in the door where air could escape



3.

Run the hot shower for a while till the bathroom is all steamed up. Turn off the shower

4.

Bring your child immediately to the bathroom and stay there with him for 10-15 minutes.

This allows your child enough time to breathe in the warm air that the hot shower created



Method 2
{ Where there is no hot shower }

1.

Get a bucket and pour hot steaming water into it.
{ The hot water shouldn't exceed $\frac{1}{4}$ of the capacity of the bucket for safety reasons }

2

Get a towel or blanket



3.

Place the bucket on a stool

4.

Grab a chair and sit in front of the stool with your baby on your laps

5.

Set the blanket over you, your baby and the bucket of steaming water on the stool.

6.

Sit there with your baby for 10 minutes



Steam inhalation is also an effective expectorant for you child's cough.

It breaks up the phlegm in his/her throat, making it easy for your child to cough up it up

There we are!

I sincerely hope this guide has been helpful

Your feedback is very valuable to me



About Me

**I am Timeyin Ogungbe.
Aka Aunty Pharmacist**

I help young moms become health savvy. I have a Facebook group where we have moms chat.

<https://goo.gl/kZ1iW9>

I want to be a highly sought after resource person in my field (pharmacy) and an inspiration to those around me.

I love to teach kids!

Invite me to teach Healthy Eating, Malaria and Handwashing to your Kids



My social media channels are:

Instagram

<http://bit.ly/auntypharma>

My Twitter

<http://bit.ly/ttogungbe>

You Tube

<http://bit.ly/timeyin>

My Blog

<http://bit.ly/auntypharm>

Facebook Profile

<http://bit.ly/timeyinogungbe>

Facebook Page

<http://bit.ly/elbethcommunity>



**Aunty Pharmacist
Whatsapp**

08062450621

