

Winter Coloring Fun!



Younger children are less likely to recognize when they are cold and more likely to lose body heat quickly due to their smaller size. Here are some tips to protect young children when the thermometer dips:

- Dress babies and young children in one more layer than an adult would wear. Be sure their head, neck, and hands are covered.
- Beware of clothing hazards such as scarves and hood strings that can strangle smaller children.
- Help prevent minor winter nosebleeds by using a cold air humidifier. Saline nose drops can also help by keeping the nose moist.
- Keep children hydrated. In drier winter air, kids lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal.

To learn more about pediatric home health care, call **800-305-3000**.



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