

4 NATURAL REMEDIES FOR KIDS' COLDS

TIPS FOR THE FRUSTRATED MOM
(...THAT ACTUALLY WORK!)



TheFreshMom.com

1



Give your child a teaspoon of honey to alleviate coughing. (Only for kids 12 months and older.)

2



For a sore throat or cough, give your child tea (or water) mixed with grated ginger and honey.

3



Rinse your child's nasal passage with saline solution. Buy it over the counter or make your own at home! (Click for instructions)

4



Make your own homemade vapor rub using 3 handy essential oils! (Click for instructions)