

When your Little One is Unwell

When I am poorly, it can be an upsetting time for you and for me. It is important to seek medical support where needed but here are some tips you can try at home to make me feel more comfortable

Avoid situations which might over-stimulate me, keep me as calm as possible with activities such as looking at books



Make sure I drink plenty of fluids to keep me hydrated, my routine may be different to normal and I may use the breast or bottle for comfort



Make sure you get a chance to rest too, it will be tiring looking after me whilst I am poorly



I will most likely be more tired than usual so lots of rest and sleep will help my body recover from my illness



Keep the room light and airy without being cold, being too warm might make me feel worse



Common Illnesses

Colds and Coughs, Conjunctivitis, Diarrhoea and Vomiting, Chicken Pox, Ear Infection, High Temperature, Viruses, Hand, Foot & Mouth, Slapped Cheek

Lots of TLC will help me feel better. I will feel comforted by your cuddles and closeness as I will not understand what is happening

You know me best, if you are concerned always trust your instincts and seek medical advice