



My Child Has...*Cough*

Coughs are very common in children, especially during this time of the year. It can often linger for multiple weeks at a time. For coughs that do not have breathing concerns or fevers, it is often safe to monitor at home with some supportive care.

Below is a list of things we recommend to help with the cough:

- Daily probiotics:
 - Newborn to 2 months: Gerber Soothe, 5 drops per day
 - 2 to 6 months: Infant Jarrodophilus drops, 6 drops per day
 - 6 months and up : Baby Jarrodophilus (powder), Garden of Life RAW Probiotics for Kids or Culturelle Kids
- Vitamin D: 400 IU per day if under 12 months old; 800 IU per day over 12 months old
- Humidifier in bedroom
- Bringing child into a steamy bathroom
- Vic's baby rub or 1 drop of eucalyptus oil mixed in with 1 teaspoon olive oil and rubbed on bottoms of feet and chest. (6 months and older)
- At night, elevate the head of the bed with a wedge under the mattress to help them breathe comfortably.
- Clear any nose congestion with suction (like nose frida) as needed.
- Keep the child well hydrated.

For children over 1 year old, we recommend Eldertussin cough remedy by Herbs for Kids for immune support and cough. You can order it on Amazon or Scales Pharmacy on 1999 Pennsylvania in Denver who has agreed to keep it in stock for our patients. Dose: 2-3 times per day during illness (up to 5 days). Children over 1 year old can also have warm fluids and honey.

Make an appointment if symptoms worsen, for breathing concerns, or other concerning symptoms that accompany the cough.

Children need to be seen **RIGHT AWAY** if they are turning blue/gray, working hard to breathe, breathing rapidly, retracting (pulling in between ribs), or having stridor or wheezing sounds. If your child has these symptoms occur, we may recommend taking your child to urgent care.

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