

## FEVER

If your child's temp is up, it's a sign that his immune system is working hard to fight the cold bugs—so it's best to let a fever run its course unless he seems uncomfortable. The exception: If your baby is under 3 months and has a fever of 100.4°F or higher, call your doctor. Fever in a baby can be dangerous.

► **Give him a bath.** A five-minute sponge bath in lukewarm water can help your kid feel cooler and can lower his temperature.

► **Try fever reducers.** Ibuprofen or acetaminophen should bring down your child's fever and ease body aches, but don't overdo it. According to a recent study from Johns Hopkins Children's Center, most parents don't wait the recommended length of time between dosages and end up overmedicating their feverish kids. Always give acetaminophen—not ibuprofen—to infants younger than 6 months, and never give aspirin to children. It can cause a rare, sometimes fatal illness called Reye's syndrome.

► **Keep her hydrated.** Your child loses more water when her body's fighting a fever, so make sure you offer her plenty of fluids to keep her from becoming dehydrated. Try oral rehydration solutions; they contain a mixture of water and salt that helps kids replenish fluids and electrolytes. ☆

Find a great kid-friendly chicken-soup recipe at [parentsmag.com](http://parentsmag.com).

## Smart Product Picks

These cold-fighters can help your child feel better or even avoid an infection in the first place.

**Nosefrida.** Safely remove mucus with an aspirator you use outside a baby's nostrils. \$15; [nosefrida.com](http://nosefrida.com)

**SinuCleanse Kids Mist.** Developed with the help of a pediatric ear, nose, and throat specialist, this spray washes away excess mucus. \$15; [sinucleanse.com](http://sinucleanse.com)

**Nozin Nasal Sanitizer.** Swab the antiseptic on the inside of your child's nostrils before he heads to school; studies show it will help reduce the risk of getting cold-causing germs for eight hours. \$15; [nozin.com](http://nozin.com)

**NeilMed NasaMist Soothe red noses with a saline spray that has a small tip for babies.** \$7; [neilmed.com](http://neilmed.com)

**Breathe Right Kids Nasal Strips.** These adhesive strips gently lift nasal passages so that your child can breathe better at night. \$6 for 12 strips; [amazon.com](http://amazon.com)

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