

# Home Remedy for Kids

Recommended Remedy:

1. Turmeric milk: Mix a pinch of turmeric in a glass of warm milk. Add a teaspoon of honey for sweetness. Give this to your child before bedtime to help relieve cold symptoms and boost immunity.
2. Honey and lemon drink: Mix one tablespoon of honey with a few drops of lemon juice in warm water. Have your child sip on this throughout the day to soothe a sore throat and provide relief from coughing.