

# Home Remedy for Kids

Recommended Remedy:

Honey and ginger are excellent choices for soothing a sore throat in children. Here's what you can do:

## 1. Honey and Ginger Tea:

- Boil a cup of water.
- Add a slice of fresh ginger or a teaspoon of ginger powder.
- Let it steep for a few minutes.
- Remove the ginger and stir in a tablespoon of honey.
- Allow it to cool slightly before giving it to your child to sip.

## 2. Honey and Lemon Drink:

- Squeeze fresh lemon juice into a cup.
- Add a tablespoon of honey and mix well.
- Dilute the mixture with warm water.
- Have your child drink this soothing mixture slowly.

These remedies can help alleviate your child's sore throat and provide comfort.