

Home Remedy for Kids

Recommended Remedy:

1. Honey and Lemon Drink: Mix 1 tablespoon of honey and 1 tablespoon of lemon juice in a cup of warm water. Give this to your child to soothe a sore throat and provide vitamin C.
2. Hydration: Encourage your child to drink plenty of fluids like water, clear broths, or warm herbal teas to stay hydrated and help loosen mucus.
3. Ginger Tea: Make ginger tea by steeping fresh ginger slices in hot water. Add a little honey for taste, and have your child sip on this to ease cold symptoms.

These remedies can help alleviate your child's cold symptoms and provide comfort. Remember to consult a healthcare provider if the illness persists or if your child has any specific medical conditions or allergies.