

# Sick Season

## *Must Haves*

### For Baby

Who knows when your little one might fall sick. While preventative care is always the best, here are some items that you might want to have on hand this sick season.

#### 1 **FOREHEAD/EAR THERMOMETER**

There isn't an easier way nowadays to get your baby's temperature than with a good, reliable forehead/ear thermometer. This is one product where it's worth doing your research; a good thermometer is the one thing that is absolutely mandatory!.

#### 2 **MEDICINE DROPPER/SYRINGE**

Babies are notorious for squirming when you dispense medications, so make it easier by having a few medicine droppers and syringes on hand. This is great for knowing proper dosing and for delivering it in the easiest way possible.

#### 3 **HAND SANITIZER WIPES**

Keep the germs at bay everywhere you go by keeping sanitizing wipes (both hand sanitizing kind and the surface ones) everywhere your baby will be, including the medicine cabinet. Bonus points if you add in Lysol germ reducing spray.

#### 4 **COOL MIST HUMIDIFIER**

Cool mist humidifiers moisturize the air in the room with a mist of vapors that help protect the room from dry air. This creates optimal breathing conditions allowing babies to sleep comfortably free of mucous.

#### 5 **SALINE MIST**

There are many brands to choose some - some have droppers, some spray an actual mist...find the one your baby can tolerate and use it before you go about sucking their snot out!

#### 6 **NOSE SUCKERS**

This can be the blue bulb syringe or the NoseFrida (which I personally endorse) your little one will need something to help them get the buggers out!!

#### 7 **BOOGIE WIPES**

These are super soft on your baby's nose, they come in a sweet scented grape smell and in plain, and are in a great compact case that travels amazingly well. If you can't get these, then perhaps try tissues with lotion for sensitive noses.

#### 8 **COCONUT OIL**

The perfect solution to chapped lips, a massage, diaper rash, dry skin, cradle cap and SO much more!

