

Avoiding toddler coughs and colds

New people mean new germs, so as your toddler ventures out to nursery or playgroup, it's common for them to pick up bugs. Whilst the occasional cough or cold is unavoidable, it's certainly no fun for your poorly toddler, or you.

From cleaning toys to simply washing hands more often, this article looks at the little things you can do to minimise your toddler's exposure to too many germs.

Once your toddler is old enough to play outside, make new friends and go to nursery or toddler group, it's likely that they'll catch a cold or infection once in a while. However, being under the weather is no fun for either of you, so it's understandable that you want to take precautions to avoid your baby catching too many bugs.

Tips to keep germs at bay

Toddler groups and nurseries should make sure that your toddler is playing in a clean environment, but there are some things you can do to limit their exposure to germs both in the home and when you're out and about.

- Wash your hands regularly, and make sure visitors wash theirs'
- Remove shoes when you come in through the front door – your exploring toddler is less likely to find anything that's been brought in from outside
- Make sure toys are wiped clean if another child plays with them
- Regularly disinfect toys
- Don't let toddlers share food
- Carry antiseptic or alcohol wipes with you to wipe down high chairs, the handles on supermarket trolleys and rides before putting your toddler in them

The importance of a balanced diet for your toddler

A balanced diet that contains a variety of nutrients, including vitamins and minerals, will help to keep the body healthy and ready to fight any infections. Why not read more about feeding your toddler a balanced diet in our article.

If you'd like some more advice on how to keep germs at bay call our team of experts anytime on 0800 996 1000. Or try our confidential online messaging service Live Chat Monday to Friday 8am to 8pm.