

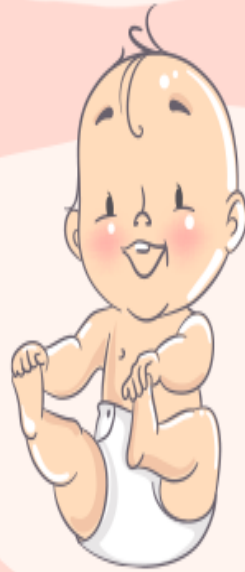
# EASY WAYS — To Clear — STUFFY NOSE IN BABIES



Keep your baby hydrated with breast milk or water (babies older than six months). Fluids will thin the mucus and clear the nasal blockage.



Feed plain chicken soup to babies older than six months. It can thin the mucus and reduce inflammation, thus reducing congestion.



Position the baby upright to drain the mucus from the nose and clear the congestion.



Use a humidifier to moisten the ambient air, making breathing easier and clearing mucus.

#### References

1. What Kind Of Stuff Clears Up A Stuffy Nose; Nationwide Children's Hospital
2. Babies and Congestion: How To Help; OC Free Clinic
3. Nasal Congestion (Infant/Toddler); Fairview