



Cough and Cold



Tips for running a successful session

- Works best in groups of 3-12 parents.
- Having a colleague on hand would be really useful to look after the children. The session is easiest to run when the children are occupied such as their break time.
- Do spend time talking about how the parents might feel i.e. panicky and stressed and how they might manage this. They should trust their inner 'alarm bells' and if worried should speak to their GP, health visitor or NHS 111.
- If there are questions that you do not feel you can answer, be honest; "I am not a health care worker and do not know the answer, however if you are worried about your child take a look at the Healthier Together website for useful info (www.what0-18.nhs.uk) or see your GP".
- Make sure that you give parents/carers an information leaflet at the end of the session.
- The whole session should take about 30mins or so depending on how chatty the group are.

Starting the session

- You can start by asking **"What do you do if your child has a cough and cold?"**
- Answers may be 'vicks or vapour rub' or 'see a doctor'. You can ask them **"What would make you worry enough to take your child to the doctor?"**
- Use the flash cards to make the session more interactive – they are a true/false game:
- Hand them out or hold them up and do a 'show of hands' re true or false.
- Make sure you allow time to discuss each card.
- Be on hand to help with parents with poor reading skills.

Important points to cover:

- Coughs and colds are very common in children, they are usually caused by a virus and are often mild. Antibiotics are usually not required and may cause side effects such as a runny tummy, vomiting or a rash.
- Coughs and colds can take up to 2 weeks to resolve and may often run back to back. A cough may sometimes take 3-4 weeks to go completely.
- Babies may not feed as well as normal – try smaller feeds but offer them more frequently.
- Babies may wake more at night and be more unsettled –can try saline drops for comfort.
- Children’s Paracetamol and Ibuprofen may make their child more comfortable but advise them to always follow the instructions on the bottle.

When to take their child to see a doctor:

- If their child is struggling to breathe or going blue around the lips.
- If their child is getting increasingly drowsy
- After 7 days of a cold their child should be getting better, if they are getting worse they should be seen by a doctor.

Make sure that you give parents/carers an information leaflet at the end of the session.