

## Cough

We know how frustrating it can be when your child is coughing and no one is getting enough sleep.

Coughs are very common. Unfortunately, cough itself is not a diagnosis. It is a symptom of another problem.

Certainly, the most common cause of cough is an upper respiratory infection, or common cold. Usually this type

of cough starts at about day 3-4 of a cold and can last until day 10 or 14.

After that, if a cough persists

it is important to have your child evaluated. Allergies, asthma, acid reflux, recurrent infections, sinus infections, pneumonia, all can cause cough in children.

We know that it is tempting to want to use over the counter cough and cold preparations for your child.

Not getting a good night's rest can add to the irritability of your child during the day. Try some simple

solutions first. A humidifier may help your child's cough. Either cool or warm mist is fine. If using warm mist

be careful to keep away from child. If your child has more of a "barky" or croup-like cough cool air, as in cool

outside night air or air from the freezer may help. If your child has the croup, he or she may have stridor, or the

struggling sound they make to get a breath in. This tends to get worse as the child is crying or upset. Try to

calm your child. If they are still having the stridor sound when asleep or calm, call your pediatrician.

Before using any over the counter medication for your child's cough, please check with your pediatrician.

If your child is over the age of 1y, you can try some honey. Also, some studies have shown that rubbing Vicks

Vapor rub on the feet and covering them with socks helps calm a cough down within 5-10 minutes. There is no need

to suppress cough during the day. For older children, you can try a simple cough suppressant, such as dextromethorphan,

or something to thin the mucus, such as mucinex. These may help your child get through those first 2 weeks. After

that, your child should be evaluated.

If your child has asthma or a history of wheezing in the past, he or she should be evaluated before any of those over the counter medications are tried.

If your child has a cough that does not subside easily (cough fits) or difficulty breathing with cough, you should call your doctor.