

Your guide to children's coughs and colds

Little ones get all types of coughs and sniffles, and it can be hard to know which medicine to use. Our simple chart will help you work out what's wrong and give you advice on how to treat the symptoms

Types of cough...

Types of cough...	COUGHING BABY	CHESTY COUGH	COUGH & COLD	NIGHT-TIME COUGH	DRY COUGH
Symptoms	COUGHING BABY Your baby, as young as three months old, has a dry tickly cough.	CHESTY COUGH Your child's cough sounds phlegmy and he coughs up mucus day and night.	COUGH & COLD A dry, tickly cough combined with a runny or blocked-up nose.	NIGHT-TIME COUGH Your child cannot sleep at night because of a dry, tickly cough.	DRY COUGH An irritating and stubborn dry, tickly cough with no phlegm or mucus.
Possible causes	The most common cause is an upper respiratory tract infection. Common colds are usually viral but more serious infections may be bacterial.	When a cold virus attacks, your system produces more mucus than normal to fight the infection. The body tries to get rid of this excess phlegm by coughing.	Coughing is a vital part of the body's defence mechanisms, designed to prevent dust or dirt getting into the lungs, to keep the lower respiratory passages sterile.	Coughs may be worse at night because sticky mucus collects at the back of the throat.	If your child doesn't have any other cold symptoms, his persistent daytime cough could be caused by allergies to his surroundings. Consult your doctor or a pharmacist for advice on allergies.
Tips	Some cough medicines are not suitable for young babies. Please read the ingredients list carefully.	Turn on the hot tap in the bathroom to create steam. Get your child to breathe in the vapour to loosen phlegm, making it easier to cough up.	Mix warm water with thyme (an antiseptic that can help relax the muscles in the respiratory system) and honey to relieve the tickling.	Give your child some water and keep him propped up on pillows to help ease night-time coughing.	Keep your child's play area dust-free and well ventilated. Make sure he gets plenty of fresh air.
Over-the-counter remedy	Tixylix Baby Syrup  has been specially formulated to be gentle enough for babies as young as three months but strong enough to relieve their cough. Age: 3 months to 5 years. Contains glycerol. Always read the label.	Tixylix Chesty Cough  contains an effective expectorant that helps loosen phlegm. It also helps your child to breathe more easily and relieves a sore throat. Age: 1-10 years. Contains guaifenesin. Always read the label.	Tixylix Cough & Cold  has been specially formulated to soothe dry, tickly coughs and relieve the worst symptoms of a cold – a runny nose and congestion. Age: 1-10 years. Contains: pseudoephedrine hydrochloride, chlorphenamine maleate and pholcodine. Always read the label.	Tixylix Night Cough  gently soothes the cough so your child can sleep. While sleeping, Tixylix is busy relieving other symptoms, such as a sore throat and runny or blocked-up nose. Age: 1-10 years. Contains promethazine hydrochloride and pholcodine. Always read the label.	Tixylix Dry Cough  is perfect if your child seems well enough for school or play as it helps soothe tickly coughs without causing drowsiness. Age: 1-10 years. Contains pholcodine. Always read the label.

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DON'T FORGET...
● **Tixylix Vapour Fan** produces soothing natural menthol and eucalyptus vapours for clear and easy breathing. When your little ones get a restful night's sleep, then so do you.



Visit our website at www.mumslittleguide.co.uk to listen to our essential cough indicator.

You'll also find product information, expert tips, tasty recipes and lots more!