

# Saline solution for toddlers

## What is it exactly?

The use of saline solution is a safe and effective way of clearing the upper respiratory tract of young children. The technique involves irrigating the nasal passages with a saline solution to rid the nostrils of secretions. Cleaning out a child's respiratory tract will allow him to eat better, breathe better and sleep better.

## When to administer

- Before a meal or prior to feeding or breastfeeding
- Before a nap or at bedtime
- As needed

## Salt water recipe (saline solution) for the nose

In a glass container, add 10 ml (2 tsp.) of salt and 2.5 ml (1/2 tsp.) of baking soda to 1 liter (4 cups) of boiled water that has cooled. Stir well. These quantities must be accurately measured.

**Conservation: 7 days stored in the refrigerator.**

Saline solution can also be obtained from your pharmacy.

## Required quantity (depends on a child's age)

- From 0 to 1 month: 3 ml
- From 1 to 6 months: 5 ml
- Over 6 months: 10 ml

## How to proceed

- Use the saline solution at room temperature.
- Fill a syringe with the saline solution; syringe size will depend on the age of the child.
- Lay the child in a lateral position (on the side, with the child's back against the adult's stomach.) If necessary, swaddle the child in a small blanket to ensure that he does not move.
- Position the syringe firmly against the inside of the upper nostril.
- Quickly press on the syringe to propel the saline solution into the nostril (this step can be repeated as needed if you notice that there are still secretions).
- Wipe the child's nose with a tissue.
- Place the child on his other side and repeat the steps above.
- Clean the syringe with warm, sudsy water and set it aside to be reused.

A video demonstrating the appropriate technique for injecting such a saline solution can be viewed on our Web site under *Documentation/Vidéos* at:

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