

Baby nose-clear is recommended by Health Professionals for use from birth



to safely relieve congestion allowing

- **clearer breathing**
- **easier feeding**
- **restful sleep**

"One of the greatest milestones is when little ones learn to blow their noses, until then Baby nose-clear will be an invaluable part of baby care"



Visit our website for more information on the Baby nose-clear range, including details of stockists. We also provide other helpful products for your little one.

www.4little1.com

 Protx secured website

Enquiries: info@4little1.com
01623 827945

Leaflets and posters are available via the 'contact us' section on the website.



Baby nose-clear®
nasal aspirator



*Breakthrough relief
for baby
nasal congestion*



Nasal congestion is common in babies and often occurs in their first couple of weeks, or later due to colds or allergies. The biggest reason for a baby crying when feeding is because of a blocked nose.

Babies are obligate nasal breathers which means that they naturally breathe through their nose. They have tiny nasal passages that can easily become blocked causing them to struggle to feed and breathe at the same time. Difficulty in breathing and feeding leads to problems sleeping, which results in further stress for both baby and parents. In fact, the only time babies breathe naturally through their mouths is when they cry!

Nasal congestion is one of the biggest reasons for referral back to hospital for new born babies. It can also lead to secondary complications such as ear infection, and in very young babies, respiratory distress. Young babies have a developing immune system and are very susceptible to colds - they could have half a dozen in their first year!

The Baby nose-clear nasal aspirator provides safe treatment for babies from birth. Its superior, award winning, design delivers continuous and hygienic suction to physically remove mucus to ease breathing, feeding and allow restful sleep.

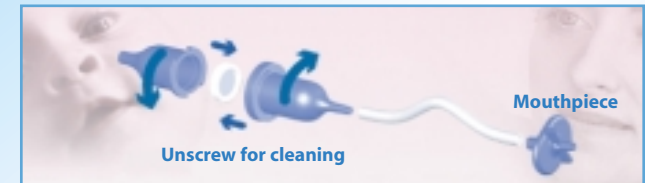
Baby nose-clear has a unique, patented, suction method that gives the parent total control without the use of drugs and is paediatrician approved



- Baby nose-clear can be used to ease congestion and breathing whenever needed. Paediatrician advice is to clear baby's nose before a feed to help them suck and feed more easily.
- Place the nozzle at the end of baby's nostril (not inside) and suck through the mouth piece to clear any visible mucus or blockage. The congestion will collect in the sealed chamber which is hygienically protected by a filter to prevent any chance of suck back.
- The carer has complete control by varying the level of continuous suction and by monitoring the process through the transparent plastic. The design of the device means that it is not possible to 'over suck' or cause baby any harm.
- If the mucus is particularly dry or sticky, it can be softened with saline prior to using the device. Saline drops can be prescribed or bought over the counter. They can be made at home by dissolving $\frac{1}{2}$ a teaspoon of salt to 1 cup of warm water.
- Keeping the excess mucus clear will help prevent further complications such as coughs, ear infections, tummy aches, diarrhoea and nappy rash.

Baby nose-clear is easy to use, clean and re-use

Open chamber and wash in warm soapy water and use again and again.



Other Tips to help relieve the symptoms of nasal congestion in babies from birth

- It is helpful to humidify the air in your baby's room. Simply place a damp towel or cloth over a radiator or place a warm bowl of water in the room. Humidifiers are commercially available.
- The Baby nose-clear Room Vapour is a 'Snuffle Blend' of 100% pure and gentle essential oils which helps ease breathing from birth. Simply add a couple of drops to the damp cloth or the bowl of water. See our website for further details.
- Use a warm damp cloth to wipe your baby's nose. This will help to reduce irritation. To soothe chaffing, use a little petroleum jelly on the nose (ensure this does not block the nostril).
- When sleeping, elevate baby's head to help the congestion run out of the nose. At the head of the bed place a couple of towels under the mattress or blocks under the legs.
- Massage helps develop the immune system. Specific movements around the nose, back and chest can help relieve congestion. Try the Baby nose-clear massage oil which has been specially designed to use from 3 months with gentle oils which help ease breathing.
- Ensure plenty of rest, fluids and lots of reassuring cuddles.

Always consult a health professional if you have any concerns about your baby's health.