

Uh Oh, Our Baby's First Cold!

Description

Avery: *cough* *cough*

Me: Oh, she's just doing that for attention and it's something new she learned.

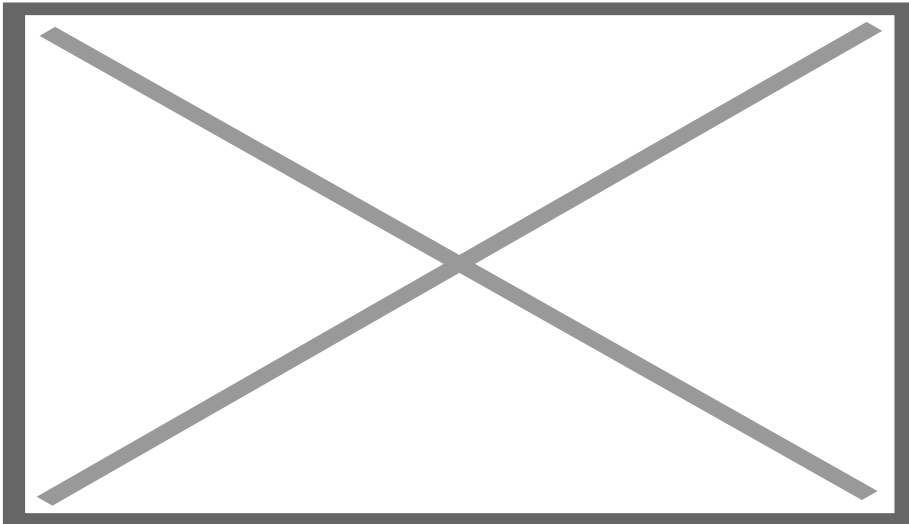
Going Mom: Yeah, crazy baby.

This exchange of words (and coughs) has happened before and nothing was wrong, but just a few days ago, that coughing only got worse. Followed by the coughs, was a constantly runny nose, small fever, and one very unhappy baby.



Oops, guess it wasn't just for attention or to make random noise; she was for real this time! Sorry, Avery, us new parents still have so much to learn. Please forgive us.

As I write this, Avery's symptoms seem to be improving, but keeping her happy all that easy yet. In retrospect, it's never really *that* easy. But no complaints here, she's pretty happy over all, she just has her *moments* as we all do. It probably doesn't help when I'm sucking snot out of her runny nostrils several times a day with this handy device!

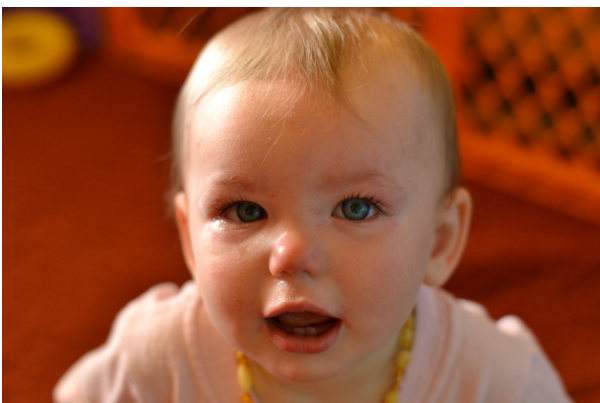


Weâ€™ve had the Nosefrida since Avery was born, but have only started using it now for her cold. Going Mom canâ€™t stand to even watch me use it, so I guess Iâ€™m the sucker in the family. See what I did there? No?

By the way, that picture of a happy kid with the tube shoved in their nostrilâ€¦..FALSE ADVERTISING! Avery screams like Iâ€™m pulling off her toes every time I use it and now sheâ€™ll start just at the sight of the thing. Using it while trying to hold her arms and head still has been challenging to say the least, but for some odd reason, I derive satisfaction from sucking out a lot of her snot. The more snot, the more bonus points for dad!

Anywho, this is another first for Avery (yay?) and hopefully itâ€™s going away and wonâ€™t come back for a while. How many other new parents keep track of their babyâ€™s â€œfirstsâ€•? Surely we arenâ€™t alone here. Itâ€™s not like weâ€™re tracking when we had her outside and a wind gust came in from the Northwest for her to feel for the first time.

Poor girl, you can tell she doesnâ€™t understand why she feels so stuffy and out of it, but Iâ€™d say sheâ€™s doing good at keeping her spirits somewhat high. See that ever so slight smile emerging?



We are against putting over-the-counter drugs like Tylenol in Averyâ€™s body as there are too many [dangers associated](#) with these drugs and we donâ€™t use them for ourselves. Plus, all of the childrenâ€™s brands are filled with artificial colors and sweeteners which makes them even worse!

Iâ€™ll stop there, but they are a big NO in this house.

Her sleep was less than stellar the first couple of nights with the cold, but she has slept through the past few nights pretty well. Iâ€™m sure her body is just so worn out and really needs the rest to help fight off the crap. Iâ€™m not an expert, but Iâ€™d say sheâ€™s on her way to recovery-ville! Mainly because even when she looks like thisâ€¦



â€¦at the sound of the cameraâ€™s shutter, she transforms into this.



Yeah, Iâ€™d say someoneâ€™s getting over their first cold. Wouldnâ€™t you?

What are your thoughts on using modern medicine for your children? For yourself?

We look to homeopathic options whenever possible as well as essential oils which are overlooked but very effective.

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