

SNOTS OF DISASTER**TEACHING TODDLERS TO BLOW THEIR OWN NOSE**

We teach our children to feed themselves, dress themselves, brush their teeth and go to the toilet. Learning how to blow their noses is another important skill for toddlers to learn, and not just when they have a cold!

DAILY NOSE BLOWING KEEPS EARS HEALTHY

So how do you teach a toddler how to blow their nose?

Start by teaching your child to blow using their mouth first. Use playtime with your child to blow things around. Anything light tends to work. Try objects such as mobiles,

cotton wool balls, paper balls, ping pong balls, leaves from a tree.

When your child can blow by mouth then you can move onto teaching them to blow using their nose. To do this, your child first needs to learn that air comes out of the nose as well as the mouth. You can show this to them by covering your mouth and blowing the objects you used earlier with your nose. Then cover your child's mouth with your hand and encourage them to blow the items with their nose.

Play blowing games across a small table. The table can always be wiped after the game!

Encourage older children in the family to play the same games. Only when your child can successfully blow by nose, they are ready to blow into a tissue or handkerchief.

When nose blowing is well established, try blowing one nostril at a time. Encourage your child to blow their nose every time they clean their teeth and more often if problems arise.

Set an example by blowing your nose regularly in front of your children.

BE PATIENT, THIS IS NOT AN EASY TASK...

BUT THE REWARDS OUTWEIGH THE EFFORT...