

Colds: One Cold After Another

Parent Advice Messages

Some children seem to have the constant sniffles. You may wonder "Isn't my child having too many colds?" Well, look at it this way, during the preschool years, children average 7 to 8 colds per year. On any given day, 10% of children have a cold.

What's causing them? The main cause is that your child is being exposed to new viruses. There are at least 200 different cold viruses. The younger your child, the less the previous exposure to viruses and therefore the less protection. Your child is exposed more if he attends a daycare, a playgroup, or preschool. Your child also has more exposure, if he has older siblings in school. They catch colds and bring them home.

Look at other people's children of the same age. They're having all these colds too. It's an unavoidable part of growing up. It's the one infection we can't prevent. The long-term outlook is good. The number of colds will decrease over the years, as your child's body builds up antibodies and resistance.

And remember, children get over colds by themselves. Antibiotics and taking out the tonsils are never the answer. An extra glass of orange juice makes more sense.

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