

How to blow your nose



Teaching a child to blow their nose is a valuable skill that can help them feel more comfortable when they have a cold or allergies. It also builds independence, dignity and respect, and lessens their reliance on adults.

Gather your supplies: Before you begin, gather the necessary supplies: tissues or soft disposable wipes, a mirror, and a trash can or a designated tissue disposal location.

Explain the Purpose: Sit down with your child and explain why it's important to blow their nose. Use simple language, such as "When your nose feels stuffy or runny, we use tissues to help you feel better."

Model the Action: Show your child how to blow their nose by taking a tissue, folding it in half and holding it to your own nose. Place your index finger under your nose to give them a visual cue of where to press the tissue.

Cover One Nostril: Encourage your child to cover one nostril with their finger (usually the index finger) while gently closing the other nostril with their tissue-covered hand.

Blow Slowly and Gently: Instruct them to blow air out of their nose slowly and gently. Emphasize that they should not blow too hard or forcefully.

Check in the Mirror: Have a small mirror nearby so your child can watch themselves while they practice. This visual feedback is helpful for them to see what they're doing.

Dispose of Used Tissues: Teach your child to put the used tissue in the trash can or designated tissue disposal location. Explain that it's important to keep tissues in the trash to prevent germs from spreading.

Praise and Encourage: Celebrate their efforts, even if they don't get it perfect the first time. Use positive reinforcement and praise, such as "You worked so hard to blow your nose!" or "How do you feel/What do you think?"



Practice Regularly: Encourage your child to practice blowing their nose regularly, especially when they have a runny or stuffy nose. The more they practice, the more confident they'll become.

Be Patient: Keep in mind that learning to blow their nose can take time, and some children may find it tricky at first. Be patient and offer support as needed.

Hygiene Reminder: As you go through this process, remind your child about the importance of washing their hands after blowing their nose to prevent the spread of germs

