

Cough Medicines

Honey has been proven to help with cough more than cough medications.

WARNING!! DO NOT GIVE HONEY TO A CHILD LESS THAN ONE YEAR OLD.

Ask any parent: When your little one has a cough, no one gets any sleep. But **two teaspoons of honey before bedtime may safely relieve your child's coughing and make sure everyone gets their ZZZ's.** That's the main message from a study in *Pediatrics*.

Today's parents don't have many options to safely treat colds and coughs in their young ones. The American Academy of Pediatrics states that over-the-counter (OTC) cough and cold medicines don't work for children younger than 6 years and may pose risks. The FDA takes a similar stance.

In the new study, 270 children aged 1 to 5 with nighttime cough due to a cold received one of three types of honey or a non-honey liquid of similar taste and consistency 30 minutes before bedtime. Parents completed questionnaires about their child's cough and sleep on the night before the study began and then again the night after their kids were treated.

Children received either 2 teaspoons of eucalyptus honey, citrus honey, labiatae honey, or similar-tasting silan date extract 30 minutes before bed.

All kids did better the second night of the study, including those given the date extract, but **children who received honey coughed less frequently, less severely, and were less likely to lose sleep due to the cough when compared to those who didn't get honey.**