



Stuffy Nose, Sneezing, and Hiccups in Newborns

Your newborn can't say what he or she needs. This means you have to pay close attention to the signs your baby gives. Stuffy noses, sneezes, and hiccups are some of these signs.

Stuffy Noses

Babies can only breathe through their noses (not their mouths). So when your baby's nose is stuffed up with mucus, it's much harder for him or her to breathe. When this happens, use a bulb syringe to clear out your baby's nose. Compress the bulb before you put the syringe into the baby's nose.



Using a Bulb Syringe

- Squeeze the bulb.
- Put only the tip of syringe in the baby's nose. (DO NOT push the syringe up the baby's nose.)
- Release the bulb. This sucks mucus out of baby's nose and into the syringe.
- DO NOT put the syringe in the baby's nose before squeezing the bulb. Doing so will blow mucus farther up the nose.

Saline Drops



Cool Mist Humidifiers

