

TEACHING LITTLE ONES TO BLOW THEIR NOSE



1) First work on blowing through your mouth

Blow bubbles, blow small squares of paper on a table, blow a ping pong ball. Once they've mastered this, move on to blowing through the nose.

2) Blowing through your nose is not natural

Try a game like "Blow the Hankie" to help kids blow through their nose! Get a tissue. Have your child take a deep breath and clamp her teeth together. Gently hold your index finger up and down across her lips as though you are saying "shh!". Hold the tissue about an inch from her face and see if your child can move it by blowing the air from her nose. If they do, they WIN!

3) Bath time is a good time!

Use bath time as a time to get the idea of what it feels like to blow air through the nose and how to do it on demand. Have your child put her nose just below the surface of the water and blow bubbles using only the nose.

4) Show them with a game!

Another way to make learning to blow air out of the nose fun is to set up a simple racetrack on a table. Create a start and finish line, and line up two lightweight objects like a sequin, the corner of a piece of paper or a feather. Have your child position her face level with the table; you do the same; and then race to see who can blow their object across the finish line, using only your noses.

5) Have them watch themselves in a mirror

While you might know that blowing your nose causes something to happen, it can be a hard concept for children to grasp. Have your child stand in front of the mirror, and although it may be gross, have her blow until she can see the mucus coming out.

6) Tissue time!

Now that she can blow out of her nose, teach her how to use the tissue, fold it over, and throw it away. And then wash those hands!

7) Give them praise

Just like learning to tie your shoes is an accomplishment children look forward to conquering, mastering nose blowing can make your child feel just as important. Give lots of praise and high fives every step of the way!