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It needs a lot of attention in the health care for baby in fall. From the aspect of the characteristics of the fall: the rain is becoming less rain; the weather is becoming cooler; and the climate is becoming increasingly dry; so at this time, many children will have a series of symptoms like feeling thirsty, having deficient urination, dry stool, nasal congestion, cough, etc. And this is called â€œautumn drynessâ€ syndrome. So, for baby, the best way to prevent dryness in fall is conditioning diet.

Then, from the aspect of health care for babies in fall, what is autumn dryness? Autumn dryness is clinically divided into â€œwarm drynessâ€• and â€œcool drynessâ€• these two types. Warm dryness: the symptoms are fever, cough, dry mouth, yellow tongue and so on. Cool dryness: the symptoms are fever, dry mouth, aversion to cold, fear cold, etc.

Health care for baby in autumnâ€”drinking plenty of water can nourish the lung

The main reason for autumn dryness is the air is too dry, so the body is lack of water. According to traditional medical science, nourishing the lung can drive away dryness and evil. In order to prevent the baby from being invaded by dryness and evil, mothers should often add water to the baby's body:

1. Mothers should pay more attention to babyâ€™s drinking water than any other seasons, keeping the normal moisture of respiratory tract.

2. Make the baby have the â€œintakeâ€• of water directly from the respiratory tract. That is to say, pour the warm water into a cup and make the baby's nose above the cup, so the baby will inhale water vapor into the respiratory tract and then into the lung, thus the upper and lower respiratory mucosa is no longer dry. Each time the baby should inhale for about 10 minutes each time in the morning and in the evening.

3. Bath the baby several times a day. Traditional medicine compared skin and hair to the barrier of the lung. Autumn dryness hurts skin and hair first and then hurts the lung. Bathing more is conducive to the blood circulation of skin, so that the blood in lung and skin maintains smooth, moisturizing the lungs.

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Every time when Tory is surfing online, he often thinks of playing online games to make teams with friends. He could make many a wow gold to exchange real money.

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