

# SNOT + BOTHER

Today's Date \_\_\_\_\_

## Common Hayfever Symptoms

- ☐ Sneezing, runny or a blocked nose
- ☐ Itchy, red or watery eyes
- ☐ Cough or tickly throat
- ☐ Itchy ears
- ☐ Tiredness, cranky or poor sleep

DON'T  
forget

- Pack suncream, sunglasses & ideally a wide brimmed sunhat
- Wet wipes for cleansing faces
- Water bottle for tickly throats

## Last Night Sleeping Notes

Sleep Score: ★ ★ ★ ★ ★

Remember to close the windows today

## My Child's Appetite Today

Full appetite / Half / None

Offer more fluids to soothe a tickly throat, lollies & jellies count too

## My Child's Mood Tracker



## Daily Reflection

What I noticed that helped today

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## The Hayfever Hero

7am Wake up, check the weather and pollen count . The worst weather for hayfever sufferers is warmth & wind.

8am Morning Anti-histamine if applicable  
Apply SPF & barrier balm to nostrils.

### Playdate Plans

It is a cruel twist that just as the sun comes out, so does the pollen count raise. We would always advocate the benefits of fresh air and park play dates but there are peak pollen times, ie. during the early morning and late afternoon that you should try and ideally avoid. The best place to be is generally near the sea! If you are near the coast, the effect will lessen,

Wiping your child's eyes with cooled boiled water can help soothe whilst using a saline or sea water based nasal spray can be helpful to clear little noses.

## Hydration Tracker



4pm Do you have time to run an early bath or shower when returning from home / playing outside.  
At least ensure wiping your child's face and change into fresh clothes, so that you don't bring the outside in!

6pm Consider changing your child's pillow case. Pollen from unwashed hair can ruin a good nights sleep.

7pm Evening anti-histamine if applicable. Close the windows. Switch on the air purifier (lucky you!)

Remember to trust your instincts, if you are worried call your GP or NHS 111  
I am a mom not a medic. This guide is for information only and does not replace medical advice.

