

Dear Parents/Carers,

We have recently received a lot of feedback about children playing outside in the cold and children getting wet in water play, therefore the child has developed a cold. Here are just some of the benefits of playing outside: you experience different weather, promotes physical development, healthy lifestyles and a sense of well-being.

The benefits of water play are huge, it promotes mathematical development, fine motor skills, and social skills and is often a calming experience for children.

**Please see below some interesting facts from a well written GP.
Coughs, colds and kids - some facts & fictions!**

Children are back at school and nursery - and with it comes the usual flurry of [coughs, colds](#) and [fevers](#). Of course it's essential to look out for [warning signs](#), including dehydration and [serious illness, including meningitis](#). But most kids will bounce back within days, and there's little you can do to speed up their recovery. **But there are still lots of myths about how best to help your child, including:**

"Antibiotics speed up recovery." In fact, most coughs, colds and fevers are **caused by virus infections**, and [antibiotics](#) **don't** have any effect on these at all. If your doctor says your child doesn't need antibiotics, it's for a very good reason.

"Coughs and colds are caused by going outside in the cold or getting wet." NO! In fact, children are probably **more** likely to catch these viral infections by **sitting indoors** getting sneezed on by the child next to them! In children with [asthma](#), wheezing can sometimes be triggered by sudden changes in temperature, **but otherwise being outside in the fresh air, or going out with wet hair, won't do any harm at all.**

"If my toddler has a cough, they need cough mixture." In fact, although lozenges may soothe sore throats, there's no evidence most cough and cold remedies work in younger children. In fact, because they can cause side effects, including effects on sleep, over-the-counter cough and cold remedies [should no longer be given to any child under six years old.](#)

"Paracetamol is best for reducing fever." In fact, [paracetamol](#) and [ibuprofen](#) are both equally effective for reducing fever and both start to work within about 15 minutes. Ibuprofen works for longer (for up to eight hours) than paracetamol (four to six hours), so may be a better choice, especially at night to provide all-night fever relief. Both can be given to children for pain and fever from the age of three months. To find about recommended dosage levels, always check and refer to the information provided when you buy these medicines. **Your pharmacist can also offer expert advice.**

Posted by [Dr Sarah Jarvis](#)