



Surviving the Sick Season.

Well, it's January and we are right in the middle of what I call "Sick Season"

I have 2 young boys (4 and 2) and I think that I have been sick more in the last few years than I had in the decade prior to having kids. My husband agrees.

The boys are both in daycare and we attend church where they are around a lot of other kids. I feel like they bring something home every other week.

I can happily report that we all seem to be getting sick less frequently this year. We must be building up our immunity.

However, the boys are in the middle of something right now. My husband and I have had a few symptoms but not too bad this time.

Here are some tips that we try to use to survive the sick season.

1. Wash your hands. This is super important. We have the boys wash their hands as soon as they come home from daycare, before eating, after bathroom, when they come in from playing, etc. It may be a struggle but it's totally necessary. We have to help them also. I think my oldest can "wash" his hands in less than 3 seconds if we don't help him. That's not quite thorough enough.
2. Hand Sanitizer. That goes along with #1. I know there is evidence that hand sanitizer prevents people from building immunity. We don't go overboard with it but when we don't have access to hand washing, this can be a good option.
3. Humidifiers. We use a humidifier in each bedroom all winter. This definitely helps especially when the heater is drying the air in your house. PRO TIP, you will want to clean your humidifier once a week, at least.
4. Diffuser. We also have a diffuser in each bedroom. We don't use them

every night but when the kids (or my husband and I) are sick we will use the diffuser with some Eucalyptus oil. Since I am a Scentsy Consultant, we obviously use Scentsy [Diffusers](#) and [Oils](#).

5. Vitamin C, Colloidal Silver, Various Teas, Echinacea, Etc. I lump these together because I know that they may not be clinically proven, however, I've use some of these methods and still do. I am not a Doctor and I don't want to make any claims about effectiveness so use these types of remedies at your own discretion.



I know that there are many other great ideas and suggestions. If you have a trusted remedy, please leave it in the comments. I'd love to hear what works for you.

Thanks for visiting and I wish you the best of health this "Sick Season" and always.