

POSITION CHANGES FOR SMALL CHILDREN - PARENT INFORMATION

This is how you can help the child to take deep breaths and cough up phlegm.

- Give the child support to cough by placing the child over your shoulder and “hugging”.



- Change the position/posture regularly. The lungs are aired differently depending on the position of the body. By all means let the child lie on their sides in bed too.



- Help the child to move their arms and legs. Leg activity and arm movements above the head stimulate deep breathing. You can stimulate the child to breathe deeply and to spontaneously cough through increased activity, for example, make mischief, tickling, singing.



- Rock the child on your knee or up in your arms.



Repeat frequently, at least every other hour

Link to a video:



<https://play.mediaflowpro.com/ovp/17/56CFSG6UV9>