

Teaching Your Child How to Blow their Nose

1. Practice blowing air through the mouth by playing a game called “Paper Chase.” On a non-carpeted floor, mark a start and finish line with masking tape, and have your child blow torn pieces of paper from one line to the other.
2. Once the idea of blowing through the mouth is established, move on to blowing through the nose. For that you can play another game called “Blow the Hankie.” Have your child take a deep breath and clamp their teeth and lips together. Gently hold your index finger to their lips as if you were telling them to shush. Hold a tissue about an inch from their face and see if they can move it by blowing air from their nose. Now have them gently close off one nostril and blow through just one side at a time.
3. Once your child can successfully blow through one nostril at a time, they are ready to try blowing their nose into a tissue. Hold the tissue for them to show the proper place to hold it, which is just under the nostrils. Your child can practice placing the tissue just at the base of their nose and covering their fingertips with it while closing off one nostril and blowing out of the other.
4. Encourage your child to avoid passing along germs by using *one tissue per nose blowing*. And let them know that they should *wash their hands thoroughly afterwards*, just as they would after using the bathroom.