

Cold and Flu Prevention



I attended a cold and flu prevention seminar on January 8 sponsored by Puffs at [Appleseeds](#) in New York City. Appleseeds is a one stop fun place for kids and convenient for busy New York parents. Besides having a 15,000 square foot indoor playground for newborns and children ages 1 through 5, Appleseeds offers creative classes like art, music, and dance. In addition, Appleseeds hosts birthday parties and has a day camp. They even have a children's hair salon. I am offering a special promotion from Appleseeds. See below for more details.

Dr. Tanya Remer Altmann, pediatrician, taught cold and flu prevention strategies to children and parents. In addition to the seminar, children played and had a good time in the indoor playground. I had a good time meeting other bloggers and watching their children play.

Some key facts about cold and flu prevention are:

- The common cold is the most frequent cause of school and work absenteeism.
- On average, adults will get two-five colds per year while kids will get six-nine; parents are prone to catching them from their kids.
- About one billion people will have a cold at any time during the year, but colds are most prevalent between August and April .
- Sneezing is the most efficient method of spreading the common cold (the average sneeze travels up to 100 MPH!)
- You use more than three times as many tissues (an average of 24 a day) while sick.
 - No other lotion tissue is used more by Pediatricians with kids at home than Puffs Plus with lotion!

Some family-friendly tips to keep in mind to prevent and manage colds:

1. Practice Healthy Habits (get plenty of sleep, exercise and eat your veggies!)
2. Soothe cold symptoms by drinking fluids and running vaporizers/humidifiers at night.
3. Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the trash.
4. Soften-And Strengthen-Your Blows by selecting a gentle but strong tissue like Puffs Plus with Lotion to help prevent chapping from frequent nose blowing.

I hoped Dr. Remer's cold and flu prevention was helpful to you. It's important to keep yourself and your children healthy this winter. I mentioned a special promotion for Appleseeds earlier. Appleseeds was kind enough to offer my *Today's Mama* readers a special promotion. If you live in the New York metropolitan area and would like to celebrate your child's birthday party at Appleseeds, mention code **BeHealthyFeb** and receive \$50 off a basic birthday party or \$100 off an ultimate birthday party at apple seeds in 2011 if you book your party by February 28, 2011.

To book a party please call 212.792.7590 or email birthdays@appleseedsnyc.com.