

WINTER WARMERS

Poor circulation (movement of blood around the body) and an inability to exercise to keep warm cause problems for many children with a single ventricle heart condition. Often their feet and hands feel like ice and their lips go blue very quickly when the weather is cold.

Pile on the clothes

Lots of thinner layers are better than one thick one, as they trap and warm air. Go back to buying vests; lots of shops have good thermal ones for children. Put tights on under trousers and put socks on top. Yes even on the boys. Batman wears tights! Find a hat with earflaps and nice thermal gloves. Try the local ski shop, they have gear especially designed for very cold weather.

Warm up from the inside

Have hot cereal for breakfast; warm the morning drink of milk. Make hot chocolate or tea for snack time. Have soup with a sandwich for lunch and plan warm snacks throughout the day. Remember that your children need little and often so you'll be helping their diet and keeping them warm.

Cover those noses

Remember scarves or balaclavas can help keep those noses warm.

Snug in bed

All in one nightclothes with extra socks can help when the duvet slips, some catalogues have all in one suits for older children. If it's really cold, think about using a sleeping bag.

Sore lips

Prevent sore lips by using lip balm or simple Vaseline.

Runny noses

If a runny nose persists, seek advice from your health visitor or the GP. It might develop into an infection.