

Helping Children with Allergies

For many parents, children with allergies have become all too common. And while many children and parents suffer from occasional or frequent allergy attacks, watching a child cry from discomfort or gasp for air when recovering from an asthma attack is heartbreaking.

Feelings of hopelessness, neglect, frustration and sadness are just some of the many emotions parents feel when watching their children during an allergy attack. But there are ways to reduce or even prevent future attacks by making simple changes in your home today.

The Benefits of Clean Air

Filtering the air inside your home is one way to reduce the number of allergens and pollutants in each room. Allergens stick to clothing, shoes and other items we carry with us when outside. These allergens are then transferred to furniture, curtains, linens, other clothing, and mattresses or float around on the air. Eventually, we breathe in these allergens. For most people, this is not a problem, but for a child suffering from allergies to pollen, pet dander and mold, an allergic reaction is the most likely outcome.

Prevent allergens from lingering in your home and causing allergic reactions by investing in an air filtration system. Children with allergies will appreciate being able to breathe easily each and every day. Filtration systems from companies like Airgle provide not only clean air, but also peace of mind. With advanced cHEPA filtration technology, air quality monitoring, and advanced controls, you can easily program the filter to work when you want it to or set it on auto and let the sensor determine the best time to purify the air.

Additional Benefits and Peace of Mind

An air filtration system also reduces odors caused by bacteria by removing the bacteria from the air. Imagine your child waking up each day without having to cough, wheeze, or feel pain in their chest, head or stomach? Imagine how much better you will sleep knowing your child can finally get a restful night's sleep without having to worry about not being able to breathe?

Purifying the air in your home is one of the best ways to reduce allergic reactions to allergens and to harmful chemicals such as secondhand smoke, appliance and electronics emissions, and harmful chemicals emitted by carpeting, mattresses, wall paint, cleaning products and air fresheners. The cHEPA filter traps in all these items and much more so you and your family don't breathe them in.

Healthy Family

Since you provide safety, structure, love and support to your children, why not also provide clean air for them to breathe? Even if your child suffers from chronic breathing problems and is taking medication, reducing the pollutants in the air may make the discomfort more tolerable by reducing the frequency of the attacks. Asthma and other chronic illnesses are typically caused by poor air quality, but may also be caused by family history, outdoor contaminants, or emotional stress.

But if you can reduce your child's suffering by even a little bit by using an air filtration system, it would be worth it. Helping children with allergies is made easier with [air purifiers](#) from Airgle.