

Jan Owen homoeopathics

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This newsletter we look to homoeopathy and common sense for some relief for parents and carers of fractious babies and toddlers.

Jan Owen

Toddlers, Teething & Tantrums

Growing up is a challenging business, not only are little people dealing with the internal changes associated with rapid growth and calcium metabolism they are also trying to gain independence, master skills and learn to become sociable emotionally and intellectually.

Teething and temper tantrums, while not easy to deal with, are a normal part of growing up. Toddlers thrive on structure, discipline and a calm, understanding and consistent approach; it gives them a feeling of security that at least someone on the outside has a level of control.

Homoeopathics teamed with thoughtful parenting can help you maintain balance through tricky times. Use the symptoms as a guide to choose suitable remedies and consider making a few simple adjustments to accommodate the changes.

Teething babies are often fussy and miserable - their gums hurt, and they make sure that anyone that's near them knows it!

What you are often seeing in these children is the indication for two remedies. There is the acute level that shows as fevers, pain, swelling, rashes and angry behaviour. This calls for remedies such as **Belladonna** and **Chamomilla**.

And then there is the deeper level where calcium metabolism is stretched and remedies such as **Calc carb**, **Calc phos**, **Silica** are important to support the growth especially if you notice there are recurring acute episodes despite well chosen acute remedies.

Belladonna: excellent for babies who are feverish and in pain; angry, irritable, feverish and flushed. They can scream in pain, bite their hands anxiously, and cry the entire time that they teethe.

Calc carb: a great children's remedy that supports growth and calcium metabolism and is especially indicated when teething is quite slow and distressing. Babies who need this remedy tend to be chubby, slow to learn to crawl or walk, and their heads often



sweat during naps or sleep at night. They can become very stubborn, prone to tantrums, have many fears and suffer night mares, especially of monsters.

Calc phos: teething troubles with poor appetite and a winging, whining discontent. Craving for salty foods like chips. They are tired, thin, glandular and growing, it improves the absorption of nutrients and has a tonic effect at times of rapid growth.

Chamomilla: inflamed gums, excessive dribbling, and a desire to put fingers in the mouth and chew and gnaw while nursing. Commonly, one cheek is hot and red while the other is pale. Greenish diarrhea. Angry and irritable, they scream and hit. Worse at night. The only relief they experience comes when they are being carried about or gently rocked.

Pulsatilla: especially good for teething babies who are clingy, weepy and crave mums attention.

Silica: delicate children made tired, nervous and stubborn by slow, difficult teething. Teeth either won't break through at all or they come through the gum line and then recede. Low resistance to colds.

Sulphur: when baby has a reddish irritation or rash on the chin or nappy area during teething episodes. Irritable, anxious, and worse from being warm.

Plus a large dose of **sense of humor** for the rest of the family and some **Cocculus** if you're suffering the effects of broken sleep.

Other remedies to consider are **Apis**, **Cina**, **Ignatia**, **Kreosotum** and **Nux vomica**.



What Else for Teething?

Baby can chew on a natural licorice stick from your local health food stores: real licorice feels cool and also numbs the gums when your baby chews on it.

Another easy home remedy is to give baby something cold or frozen to chew. The cold helps numb their gums and provide relief. As well as cold teethingers available in the baby section of stores you can try one of these simple ideas.

Frozen face washer: Just wet it, wring it a little, roll it up a little and freeze. Its a good idea to make two so that you can always have one frozen while the other one is getting dribbled on.

A frozen spoon: Just put a spoon in the fridge, or freezer. If frozen ensure that you just quickly touch it with your finger so it doesn't stick to baby's tongue.

Ice: Wrap a piece of ice in a cotton washcloth and rub onto gums. Try not to let the ice stay in one place too long, rub all along the gum line to sooth the whole mouth.

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This is a great way to share your experience with and benefit from other peoples' knowledge as well as introducing your friends to the wonderful world of homoeopathy.

Classes & Talks 2011

Home Prescribing Classes: Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. The next class is on Saturday **30th July 12 - 3pm. Fee of \$55.**

Home Prescribing DVD or CD: If distance or other circumstances preclude you attending this class you can still learn about using the 40 remedies in the Owen range. Phone or order online. **Just \$19.95**

Advanced Home Prescribing Class: Come along and increase your confidence and home prescribing skills in this half day class; explore simple case taking, potency and dose, repertorising and common remedy pictures. **Saturday, 10th September 10.00 – 2.30. Fee of \$95 includes morning tea. BYO lunch.**

You can view details and book classes for 2011 online at **www.owenhomoeopathics.com.au**.

Healthy Pets Naturally

Teething & Tantrums

The good news here is that dogs and cats rarely suffer teething pain. They lose their baby teeth from 5 to 8 months of age, so you may see the odd tooth on the ground or bit of blood in their mouth, but this rarely needs attention.

Puppy behaviour, on the other hand, is often a problem. Dogs are territorial animals who need to be shown their place in the pack, which should definitely be below all humans in the house. If dogs are allowed to be dominant over humans, they can actually get very stressed because they know it is not their 'correct' place intuitively.

Digestive, skin conditions and other physical ailments, as well as behaviour, can be worsened by the stress of not being disciplined correctly by owners. Good dog training is the best therapy here, but homoeopathy can help. For the over dominant dog use **Nux Vomica**, and for the insecure dog who acts brave but isn't (fear aggression), **Lycopodium** is the remedy. For puppies who whine when left alone, **Ignatia** and **Pulsatilla** rule. In fact, you can't go wrong giving every new pup or kitten **Ignatia**, to help the transition to their new people home.

To help settle a new pup or kitten, leave them at night with some clothes smelling of their owners, a soft toy, and even hide a ticking clock under a blanket to remind them of their mother's heartbeat.

Dr Clare Middle - runs a natural therapies only veterinary practice in Bibra Lake P: 08 9494 1243; www.claremiddle.com

Book Corner

Kid's Books

Books written specifically about homoeopathy for children are a great addition to the family library.

Homeopathy for Infants and Children: If you have littlies this terrific book by Dana Ullman will complement your Owen home prescribing book.

According to Lendon Smith MD “Dana has put together the clearest and most logical approach to the treatment of children’s diseases and problems that I have seen. Parents will be delighted to have some control over their children’s illnesses.”

A bargain at \$25.

