

tots to teens & homoeopathy

Childhood is a time when the body is fine tuning it's immune system and its mental and emotional defenses in readiness for adult life. Homoeopathic remedies used for the physical and emotional challenges that arise can encourage the body to "bounce back" from illness and learn appropriate responses to stress.

A home remedy kit is an invaluable tool for the whole family for treating the myriad of problems that arise from simple first aid, to soothing coughs, settling tummy upsets and calming overexcited or fearful youngsters.

The following information and remedy pictures are available in traditional homoeopathic texts. If a homoeopathic remedy picture matches your individual symptom picture the remedy may offer symptomatic relief. Homoeopathic principles should be applied when using any homoeopathic remedy. Always read the product label. If symptoms persist consult your health care practitioner promptly.

Accidents & Injuries

For bumps and bruises consider **Arnica** - this is especially important for injuries to the head. Puncture wounds, cuts and scratches may respond well to **Ledum** which may help prevent sepsis or **Hypericum** if there are shooting pains. Crushed and bruised fingers or toes - **Hypericum** and **Arnica**. For mosquito bites consider **Ledum**, for bee, hornet or wasp stings - **Apis**.

Acne

Taking care with diet, cleanliness and a simple skin care regime is essential. Reactivity to makeup, soaps and skin products can develop or be a result of overuse. These remedies may help: **Belladonna**, **Hepar sulph**, **Kali brom**, **Pulsatilla**, **Silica** or **Sulphur**.

Colds, Coughs & Sore Throats

If you are able to treat the first stage symptoms you can often stop the progress. If your child suffers recurrent upper respiratory infections, consider a constitutional prescription from your homoeopath to help stimulate the vitality and reduce this predisposition.

Generally off colour - **Ferrum phos**. If very feverish and flushed, add **Belladonna**, or if flushed, thirsty and recently exposed to cold wind use **Aconite**. 2nd stage with watery discharge, burning throat, thirst and cold sweats - **Arsenicum**. 3rd stage, rattly cough, bland thick discharge, ear pains and congestion - **Pulsatilla**. Include children's

strength **Vitamin C**, **Multi Vitamin** and **Echinacea** liquid when the inflammatory processes are active.

There are many cough remedies and you will need to note the symptoms carefully. Consider - **Phosphorus**, **Spongia**, **Bryonia**, **Hepar sulph**, **Pulsatilla** or seek help to sort out the remedy picture.

Croup

First stage consider **Aconite**, it may need repeating several times in the 1st hour. If necessary, **Spongia** for the 2nd hour and **Hepar sulph** for the 3rd hour. Continue the **Aconite**, alternating the other two until recovered. Also use **Rescue Remedy** and steam inhalation.

Dental Health

A healthy nutritious diet and good dental health regime is important for overall good health. Most children, especially little ones, require supervision to ensure that they are brushing effectively.

People who prefer natural therapies often shy away from dental treatments, however this is detrimental as untreated dental problems rarely resolve and instead deteriorate with time. Your child or teenager needs regular check ups with a sensitive dentist.

Diet & Nutritional Needs

If your children are consuming lots of processed foods be aware that they are often packed with fat, salt, sugar and preservatives. More importantly they take the place of important nutrient-rich foods, and the effort of digesting them depletes the body's vitamin and mineral supplies.

Eczema

There are many causes and eczema is best treated by a practitioner. If this is not possible then try **Calc carb** in plump, sweaty babies and tots prone to cradle cap. In serious children with eczema in the creases - **Nat mur**. If there is a sticky, honey like discharge - **Graphites**. Worse bathing, itchy when hot - **Sulphur**. Try to avoid suppressive treatments such as zinc cream or cortisone.

Ear Aches

For sudden onset of strong pain, especially right sided - **Belladonna** with **Ferrum phos** repeated often. **Chamomilla**, **Hepar sulph** or **Pulsatilla** may be better indicated. Onion juice, grated, strained and warmed or warmed garlic infused oil held in place with cotton wool may have an antibiotic, anti-inflammatory effect.

Emotional Problems

At times, difficult and stressful situations occur, such as adjusting to a new baby in the house, starting day care or a new school, loss of a loved one or family pet, or going on school camps or sleepovers.

Try the indicated remedy in 6c or 30c potency as this may be adequate. If a higher potency seems indicated discuss this with your homoeopath. Complex emotional and behavioural problems are best treated constitutionally.

Anticipatory Anxiety: Such as performance anxiety or the anticipation of an unpleasant event such as exams. See fears below. Acute anxiety, great fear and dread - **Aconite**. Fear and trepidation, hurried, and talkative with diarrhoea - **Argent nit**. Silent, motionless, trembling & weak, withdrawn, fearful and trembling - **Gelsemium**. Terrified of public speaking, lacks confidence and fears failure. Digestive problems from anxiety, with much wind - **Lycopodium**.

Fears and Anxieties: Extreme mental & physical restlessness, particularly at night. Anxiety in high achievers who may become overly fastidious - **Arsenicum album**. Clingy, insecure and hides behind mum or their hands - **Baryta carb**. Anticipates even simple things with fear and trembling. Fear bad news. Weary, apathetic, withdrawn and preoccupied - **Gelsemium**. Lack courage and confidence, but may be bossy at home - **Lycopodium**. Extreme sensitivity to others feelings with 'free floating' anxiety in outgoing, sociable types. Fear storms, ghosts, the unknown etc - **Phosphorus**. Clingy, dislike change, wants their mum - **Pulsatilla**.

Depression: With feelings of sadness, indifference, despair, disturbed sleep patterns or eating disorders. Depression generally requires expert prescribing.

Grief: Cannot get over the loss of a loved one. This can be to do with losing friends, broken relationships etc. - disappointed in love. Consider **Ignatia** in the acute phase. Seek help if this does not resolve.

Mood Swings & Oversensitivity: From jealousy, fright, anger or grief - **Apis**. With impulsiveness - **Argent nit**. Very ill tempered and easily aggravated - **Bryonia**. "Touchiness" as a result of fussing - **Hepar sulph**. Agitated, irritable and short tempered when under pressure. Addictive behaviour or dependence on stimulants - **Nux vomica**. Weepy, despondent, changeable, cries at least thing, craves sympathy and attention, especially pre-menstrually - **Pulsatilla**.

Sibling Rivalry: Talkative and euphoric mood

alternates with withdrawal and depression, jealousy, irritability and explosive outbursts - **Lachesis**. Clingy, weepy and wants mum's attention. Sweet but can be manipulative - **Pulsatilla**.

Study and Exams: Stress and pressure at exam time can be managed by preparing a program well in advance to care for the mind, body and spirit. A good quality multi vitamin, extra Vitamin C and **Confidence Remedy** from the Bach Flower range offer valuable support. **Basil**, **Rosemary** and **Lemon** oils in a burner help concentration. **Lavender**, **Geranium** and **Bergamot** for unraveling frazzled overworked nerves.

The following remedies may be indicated. Mentally exhausted after working hard for exams - **Anacardium**. Can't cope with life, fear of failure - **Gelsemium**. Brain fog and nervous exhaustion from excess mental effort - **Kali phos**. Irritability and sleep disturbances from over study, late nights and indulgence in stimulants - **Nux vomica**. Dread of having to make a mental effort. Headache and exhaustion from overwork - **Silica**. Also see Anticipatory Anxiety and Fears.

Tantrums and whining: Stubborn - **Calc carb**. Angry - **Chamomilla**. Whinging, whining, discontented and bored - **Calc phos**.

Enuresis (Bedwetting)

Constitutional treatment and support will be invaluable in addressing the cause of this developmental delay. You could try: Wetting early in the night and from excitement - **Causticum**. During dreams and nightmares - **Equisetum** or **Belladonna**. No desire daytime, copious at night - **Lycopodium**. Following an emotional upset - **Nat mur**.

Fevers & Childhood Infections

Fevers are the body's natural response to fighting an infection and despite causing parental anxiety they are generally manageable. Wait until the remedy picture is clear before prescribing.

Childhood diseases, despite being associated with different pathogens, are usually similar in their clinical evolution and possess the following stages.

1. Incubation: This is generally a silent stage. If the disorder is current in the community, the appropriate homoeopathic prophylactic can be considered for the whole family.

2. Invasion: The fever usually takes one of two forms.

Febrile state: Sudden onset of symptoms. Sudden onset, anxiety, shivering, intense thirst and dry skin - **Aconite**. Sudden onset, congestion, redness, heat and sweating, mucous membranes dry, red and painful - **Belladonna**.

Gradual onset: Slight temperature, alternately

red and pale, weak, drowsy. Shivering and sweating with heat and chills – **Gelsemium**. Feverish, irritable and dry. Immobile with pains – **Bryonia**. Fetid breath, sweat, salivation, intense thirst – **Mercurius**. Restless, exhausted and feverish. Joint pains – **Rhus tox**.

3. Rash – if it is slow to develop, a dose of **Sulphur** or **Pulsatilla** is often helpful. Once diagnosed move on to the appropriate remedies. Keep the nails short and dab vinegar, bicarbonate of soda or **Lavender** oil on spots.

Dilute **Hypericum** or **Calendula** tincture or cream may help soothe and heal the rash. After the scabs have formed **Comfrey**, **Hypericum** oil or the contents of **Vitamin E** capsules helps reduce scarring.

Chicken Pox: Small vesicles with clear fluid. Lesions dry and itchy – **Rhus tox**. Scaly, pustular eruptions, burn and itch at night – **Ant crud**. Vesicles infected and crusty – **Mezereum**. Infected lesions with bluish scars, or very large lesions. There may also be a rattly cough – **Ant tart**.

German Measles: If the spots coalesce, producing a scarlatina type appearance – **Belladonna**. Swollen glands and ear pains – **Phytolacca**. The usual remedy in measles like eruptions – **Pulsatilla**.

Glandular Fever: Use indicated remedies for the presenting symptoms. Rest: do only 75% of what you feel capable of. Take extra vitamins C and B, Zinc and Evening Primrose Oil. Seek help if resolution is slow.

Measles: The first remedy to think of once the fever has subsided, dry cough evening and night, loose cough after waking – **Pulsatilla**. If **Pulsatilla** fails and there are swollen glands, eye discharge, catarrhal deafness, stringy nasal discharge – **Kali bic**. Intense headache, swollen eyes, marked aversion to light, copious acrid tears – **Euphrasia**. The cough is dry, hard and painful – **Bryonia**. If the rash goes and a stupor appears with stinging pains and sharp cries, no thirst, desires cool – **Apis**.

Meningitis: Requires urgent medical attention if suspected. Meanwhile if symptoms follow a head injury – **Arnica**. Restless, very fearful, thirsty – **Aconite**. Hot delirious and staring eyes – **Belladonna**. Intense headache worse from moving even the eyes – **Bryonia**. Irritable and oversensitive with piercing screams – **Apis**.

Mumps: Glands swollen, hot, red and sensitive to pressure, worse right side – **Belladonna**. Worse left, sensitive to least touch and pressure. Face red, eyes swollen, glassy and wild looking – **Lachesis**. Foul offensive breath, salivation and sweat – **Mercurius**. Give routinely to minimise complications especially if breasts and testicles are involved – **Pulsatilla**.

Whooping cough: **Aconite**, **Ferrum phos** or **Belladonna**

for the fever. The croup treatment of **Aconite**, **Hepar sulph**, **Spongia** at 2-4 hourly intervals if the symptoms fit or the remedy picture is unclear. Wheezing, rattling chest, gagging and vomiting – **Ipecac**. Dry, frequent, noisy cough. Painful midnight – 2am – **Drosera**. Violent, explosive spasmodic cough and profuse vomiting of mucous – **Corallium**. Weak and exhausted. Helps resolution – **Carbo veg**. Seek help if you find it too difficult and confusing to treat.

Recovery: If your child does not recover fully from any bout of illness consider **Carbo veg**, **China**, **Gelsemium**, **Phos acid** or **Sulphur** depending upon the picture presented. Repeat 6c, twice daily for several days.

Growing Pains & Cramps

Continual problems may be to do with calcium metabolism and rapid growth. **Calc phos** and **Mag phos 6c** or Tissue Salts taken regularly may help, as well as massage with **Lavender** and **Rosemary** oil and taking extra **Zinc**.

Headaches

Have the vision tested and if the following remedies don't help then seek constitutional care. With rapid growth and fatigue – **Calc phos**. With humming in the ears – **Kali phos**. Hammering headaches preceded by misty vision or zig zag lights – **Nat mur**. Painful watering eyes, unable to bear bright light – **Euphrasia**.

Impetigo

This infection spreads easily and is difficult to contain. Give vitamins and **Echinacea** liquid as well as the indicated remedy. Oozing eruptions, yellow crusts – **Ant crud**. Oozing a sticky, honey like substance – **Graphites**. Itching, burning and blister like – **Rhus tox**. We also recommend **Staphylococcus** daily. Seek help if resolution is not imminent.

Intolerance to Milk

Remedies such as **Calc carb**, **Silica** and **Aethusa** deserve consideration. Seek constitutional care from your Homoeopath who will consider treating mother and babe to resolve this problem.

Lice

The aim is to reduce your child's vulnerability and remedies such as **Staphysagria**, **Psorinum**, **Apis** and the nosode remedy **Pediculosis** can help. Use essential oils such as **Rosemary**, **Lavender** and **Geranium** in shampoo, water spray (for bedding also) and on the hairbrush. Dry the hair with a dryer.

Menstrual Problems

Ask for our Women's leaflet.

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Mini Kit: for School Camps & Sleepovers

Use our school camp kit or make up a small kit for your child to use for the minor accidents or upsets which can occur. Having their own kit can be empowering, increase confidence and reduce homesickness. Include an instruction sheet and **Rescue Remedy**.

Sleep Disturbances

Nightmares with intense anxiety and fear. Twisting and turning - **Aconite**. Jerks on going to sleep and has nightmares - **Belladonna**. Head sweaty during sleep, nightmares of monsters - **Calc carb**. Awake from joy and excitement - **Coffea**. Frequent yawning, needs to stick feet out, needs an extra pillow. Wakes with piercing screams and trembling - **Ignatia**. Sleepy by day, sleepless at night - **Lycopodium**. Sleepy in the evening, wide awake 3 - 4 am or sleepless from mental stimulation eg. Homework - **Nux vomica**.

Teething

Fretful, irritable, angry and want to be picked up and carried. One cheek red and one pale - **Chamomilla**. Irritable, flushed, restless and delirious - **Belladonna**. Excessive sweat and saliva, red gums - **Mercurius**. Desire to bite the gums together, sometimes on people - **Phytolacca**.

Tissue Salts

Working at a cellular level tissue salts can help re-balance the system and improve problems such as those related to teething, rapid growth, exhaustion and many more. They complement homoeopathic treatment and won't interfere with the action of other remedies.

Tummy Upsets

Vomiting and diarrhoea, as if poisoned - **Arsenicum album**. Cannot digest milk without vomiting - **Aethusa**. Persistent vomiting and nausea - **Ipecac**. After rich and fatty or creamy food - **Pulsatilla**. Associated with anticipation and anxiety - **Lycopodium**. Chronic diarrhoea or constipation needs professional advice.

Vaccinations

Many children appear to begin episodes of chronic disease such as asthma, eczema etc. from the time of immunisation indicating that the immune system may have been over challenged.

You may want to discuss this with your homoeopath who can offer advice, alternatives, or suggestions to help you to support the child's immune system in the event of Vaccination.

Worms

Use the indicated remedy for a week or two. This may need to be repeated at intervals. Worms are especially active at the full moon.

Irritable, peevish children with anal itching and burning. Diarrhoea alternates with constipation - **Ant crud**. Ravenous appetite in growing children. Obstinate and prone to nightmares - **Calc carb**. Sensitive, angry and may hit and pinch. Itchy anus, tummy pain, grinding their teeth, picking the nose - **Cina**. Acidic system - **Nat phos**.