

day care



Little ones starting and adjusting to a day care environment and new carers can come with all sorts of emotional stress which can undermine the child's health and well-being. Homoeopathy can provide excellent support and if illness becomes chronic, can help rebalance the mind and emotions.

Anxiety: Change and New Experiences

Times of change can be a huge stress for many people. Children who experience anticipatory anxiety and dread about any new situation often find **Gelsemium** to be a great help if there is fear, dread and trembling. **Kali phos** supports the nervous system and **Silica** suits quiet children who are capable but nervous and shy. **Pulsatilla** is an excellent remedy for transitional stages and can help the child better manage times of significant change. It suits children who are weepy, timid, shy and clingy and helps them adjust to change, separate from mum and gain confidence and independence. It can also be helpful for mums who have trouble letting go of their little ones into the big world. **Baryta carb** is also clingy and tends to hide behind mum's skirt. If they are very anxious, fearful and fussy **Arsenicum** may be better. **Ignatia** can be helpful for homesickness, sadness and emotional upsets. It's especially useful if friends or the child's regular carer has left the day-care. **Phosphorus** settles excitable fearful behaviour in open impressionable children who are easily swept up in the excitement of any new experience. They are easily exhausted and can be prone to headaches and diarrhoea. The child who needs **Calc carb** tends at times to be quite slow and plodding, requiring time to finish their work, manage change and adapt to new situations. When they are pushed, they can be very stubborn. Fears include the dark and monsters and they can be prone to nightmares.

Colds & Flu

The child care space can be a great breeding ground for cold and flu viruses. **Anas barb** is the key remedy for prevention and really important for children who easily succumb to colds. In addition, give **Aconite** and **Ferrum phos** at the first sign of symptoms. Or for symptoms more like classic achy flu with lethargy then try **Gelsemium**. A runny nose with discharge that burns the nostrils indicates **Arsenicum**; the throat burns, the child seems weak, tired and restless with a desire for sips of warm water. Repeated sore throats, sinus and/or chest infections suggest a weakened immune response and would benefit from constitutional homoeopathic prescribing.



Stomach Upsets

Gastro bugs can occur at anytime of the year and spread especially easily in the day care environment. Proper hand washing is vital and should always be carried out before eating and after toileting. **Arsenicum** is indicated for vomiting and diarrhoea with burning pains, and better for warmth, the child is restless, chilly and thirsty for sips. **Colocynthis**, for diarrhoea with waves of cramping pains, better for doubling over, heat and pressure. **Ipecac** is suggested for constant nausea that is not relieved by vomiting and diarrhoea in spasms. **Cina** for stomach pains where the child is very sensitive and easily offended, averse to touch and may hit and pinch others in anger. Conversely may demand to be carried. May grind the teeth, bed wet, cry out during sleep and/or have nightmares. Picking and boring in the nose. **Calc phos** can be helpful when children are growing quickly and have the typical tummy aches, headaches, enlarged glands, growing pains, easy exhaustion and whiny, discontented disposition.

Some situations can be addressed readily using your first aid kit but at other times it is necessary to enlist the help of a professional Homoeopath. This is especially the case when the problem emerges several weeks after day care placement begins. In this situation it is often more difficult to determine the underlying issues and choose an appropriate remedy without assistance. For instance, sometimes kids are suffering from and are being treated for ailments such as recurring colds, when actually there is a deeper psychological issue undermining their health.

For other issues that can be a problem such as worms or head lice refer to our relevant Factsheets.