

Treating children and babies naturally

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Many people first develop an interest in homeopathy and other complementary therapies when they see the amazing effects they can have on the health of their children.

Homeopathy is a safe and natural form of treatment, and is very effective for all sorts of ailments. It is perfectly safe even for new-born babies. Next time your child has an acute illness, why not try homeopathy instead of reaching for the Calpol? It is a much gentler treatment and incredibly effective.

Many people are familiar with **arnica**, which is a fabulous remedy for treating bumps and bruises and acts as a natural painkiller. It can also be bought as a gel or cream and applied topically.

Each homeopathic remedy has a 'picture' so a patient matching the picture will benefit from the remedy, regardless of what is wrong with them.

Local pharmacies sell a range of remedies : here are a few pictures of homeopathic remedies that are particularly suitable for treating children (there are hundreds of remedies in total – these four will not cover every eventuality).

Aconite – for fevers, earache, colds, coughs and flu.

Use when the symptoms appear suddenly, particularly after being outside in a cold wind or after a sudden shock. Often symptoms will appear around midnight and be accompanied by thirst and hot sweat on parts of the body that are covered. The child may be anxious and restless.

Belladonna – for sore throat, earache, fevers and headaches.

Belladonna is very effective for most complaints which appear suddenly and where inflammation is accompanied by violent pain and aggravated by sudden movement or pressure. It is often required when symptoms come on after getting the head wet (for example, after swimming or a haircut). The child will usually be hot and have a flushed face, and may have cold hands and feet. The skin is usually dry in spite of the fever and there is no thirst.

Chamomilla – an excellent remedy for teething babies, colic and also for earache.

The child may have one red cheek and be extremely angry and inconsolable. They will want to be carried all the time and may demand toys and then throw them away or hit

their parents. Stools are often greenish in colour. This remedy has given many parents cause to breathe a sigh of relief when it calms a teething baby.

Pulsatilla – a remedy for fevers, colds, coughs and ear infections.

The child will be clingy, and may cry a great deal. They are likely to want to sleep in their parent's bed. There will be clear or greenish mucus or discharge and the child will not be thirsty. They will be much better from being outside in fresh air. During the night, the child may be warm and stick their feet out of the covers.

Administering the remedy

When you have selected a remedy it can be given as often as twice an hour if required (for example in the case of a fever). If the remedy eases the symptoms for a while, give it again if they return.

The pills can be crushed between two spoons to make a powder for babies. Children over 6 months are usually happy to take the pills whole which should be sucked or chewed.

For more deep-seated ailments or recurrent coughs and colds, it is recommended that you consult a professional homeopath who can strengthen your child's immune system and help to resolve a wide range of complaints.

Case example

George's mother had homeopathic treatment throughout her pregnancy and had a straightforward birth. After overcoming some initial difficulties with breastfeeding both she and George progressed well. When he was 10 weeks old he had an ear infection which his mum treated successfully using her homeopathic first aid kit. However, at 4 months he was below the minimum weight for his age and had a tendency to regurgitate milk soon after feeding.

George's mum decided to seek professional homeopathic advice about his lack of weight gain. After taking full details of his birth and medical history to date, and giving consideration to his character, the remedy *Lycopodium* was prescribed. Four weeks later George's weight chart showed a dramatic increase, and 10 weeks after that he was in the 30th percentile for his age. George has continued to develop at a steady rate ever since and is a healthy, cheerful baby. He continues to have annual homeopathic consultations to maintain his health.