

## First Aid Remedies for Children

*The following remedies are particularly useful for treating minor ailments in babies and children. More severe or chronic problems should always be referred to a Registered Homeopath and / or your GP.*

*Where the 6c potency is given, one tablet can be taken every half-hour for a maximum of 6 doses and then reduced to 2-3 times a day until better. When using the 30c potency, remedies may be given every two hours for a maximum of 6 doses and then reduced to 2-3 times a day until better.*

*If using remedies in granule form, dissolve approximately 1/8 teaspoon in the mouth or in a little cool boiled water / still mineral water: stirred well before taking one teaspoon dose. Keep liquid remedies covered and in the 'fridge between doses: do not keep for longer than 2 weeks. Tablets can be crushed and used in the same way. As with all homeopathic medicines, reduce the frequency of doses as soon as improvements are seen and STOP if symptoms get any worse and when better.*

### **Aconite.**

For fear and fright, especially night terrors when a child can appear not to recognise familiar people. Also a first for sudden onset colds, coughs, or any condition brought on by exposure to cold, dry winds.

### **Apis mel.**

Stings and bites: stinging, puffy red swellings, itching, allergic reactions.

### **Arnica.**

For bruises, bumps, any trauma / physical or emotional shock. Use first in over-exertions, sprains, and strains.

### **Arsenicum album.**

Sickness and diarrhoea, tummy bugs when the child is lethargic, weak, chilly and restless. Want only sips to drink. Nervy children who dislike being left alone and often feel worse at night.

### **Belladonna.**

For sudden onset fevers with redness, dry heat, swelling. Tonsillitis, earache – usually the right ear. Hot head with cold hands and feet. Can be delirious / hallucinate during fever. Throbbing, pulsating pains, e.g. headaches.

### **Calc. Phos.**

For bone growth: teething problems, growing pains, and loss of energy from growth. Can be peevish and moan / whine a lot. For weakness following infections. Tendency to be very slim and restless or tired during illness.

### **Chamomilla.**

Teething pain, earaches, colic where the child is extremely irritable and nothing can console them. Babies prefer to be rocked or carried around, screaming if put down. Often have one red cheek with teething troubles. Use 6c potency for teething, 30c if acute symptoms e.g. earache.

### **Hepar sulph.**

Sore throat with earache, abscesses, boils and infections where the child is very irritable and oversensitive to touch and draughts. Do not scream as much as chamomilla but very “touchy.”

### **Phosphorous**

Dry coughs, weak chest, nosebleeds and sickness in excitable children. Tire quickly during illness with bursts of energy. Tend to want cold drinks and ice cream which can bring back up shortly after eaten / drunk. Very open, sensitive, affectionate and love company.

### **Pulsatilla.**

Colds, earaches, childhood diseases when the child is weepy, clingy and wants lots of cuddles. Green / yellow catarrh and loose coughs. Generally symptoms are much worse in a warm atmosphere, in the morning and evening and feel much better in the fresh air. No thirst. Changeable symptoms that move around the body.

Appointments, homeopathic First Aid Courses for Children's ailments and remedy kits are available from Maggie Bevington at May Bank Homeopathic Practice, 26, Basford Park Road, May Bank, Newcastle, Staffs. 01782 620514.