

Homeopathy for babies and children

Introduction

Homeopathy is a gentle yet highly effective system of medicine, making it ideal for babies and children. Homeopathic medicines (known as 'remedies') are non-toxic, making them safe to use even in the very young. And what's more, the mildly sweet pills, powders or liquids are easy to take.

What is homeopathy?

Homeopathy is a system of medicine which is based on treating the individual with highly diluted substances which trigger the body's natural system of healing. Based on their symptoms, a homeopath will match the most appropriate medicine to each patient. This medical system was developed by a German doctor, Samuel Hahnemann, in 1796 and has been used world-wide ever since.

What complaints can I use homeopathy for at home?

Adding a few homeopathic medicines to your first aid kit will allow you to deal with some minor health problems at home rapidly and effectively. The remedies suggested below can be purchased over the counter in most chemists, homeopathic pharmacies and health shops, as well as some supermarket chains. If your child is already undergoing homeopathic treatment, it is best to check with their homeopath before prescribing at home.

Nappy-rash

Calendula cream is soothing, antiseptic and anti-inflammatory. Use preventatively and/or as a treatment. Can also be used for minor cuts or abrasions.

Bumps and bruises

Arnica 30c or *Arnica* cream (do not use on broken skin).

Teething

Chamomilla 30c can give swift pain relief especially when the baby is angry, inconsolable and wants to be carried.

Colic

Colocynthis 30c if the baby is angry, draws its knees up from pain and is better from pressure on the abdomen (e.g. lying on their front or over your shoulder)

Magnesium phosphoricum 30c if the baby draws its knees up and is better from warmth or gently massaging the abdomen

Chamomilla 30c if the baby is angry, inconsolable and wants to be carried. May have green diarrhoea like chopped spinach

Coughs, colds and fevers

Aconite 30c at the first sign of a sudden high fever, especially after being chilled by a dry, cold wind

Belladonna 30c for high fever with red face that's hot to touch

Gelsemium 30c for a slowly developing fever with dusky face, aching muscles and fatigue

Pulsatilla 30c if they are clingy and upset with lots of thick, yellow/green mucus

Bryonia 30c for irritability, headache and/or dry cough which get worse on movement