

1. **Aconite** For fear & fright, during or after birth. Babies born with cord around neck or who are blue. Use for 2 or 3 days at any time after birth. Beginning of colds, ear infection, tonsillitis with high fever, great thirst, onset middle of the night. Fearful expression, shrieking in fear or pain.

2. **Arnica** Helps deal with emotional & physical trauma for both Mum & Baby. Good before & after childbirth to aid in bruising, bleeding & swelling. Following forceps or vacuum delivery or where there has been other trauma. For caesarian birth follow with *Staphysagria* (disappointment, intervention) & *Bellis* (deep wounds & bruising to abdominal muscles). Generally for bumps, falls & bruises & before vaccination.

3. **Belladonna** Similar to Aconite for first stage of inflammation, but generally less fearful. Skin radiates heat, throbbing pain, redness, congestion & possible delirium or restlessness. Swollen neck gl&s, earaches, headache, sore throats. Not much thirst. Often right sided.

4. **Chamomilla** Angry & Irritable, will want something & then throw it away, don't know what they want, fretful, unsettled. Symptoms often brought on by anger (in mother or baby!). Almost specific for teething troubles often

with cough &/or green offensive stool. Unbearable pain, worse especially around 9pm, but night generally.

5. **Phosphorus** Easily tired, crave company, excitable & fearful. Useful after anaesthetic if there is nausea, vomiting or just slow recovery. Nose bleeds & easy bleeding generally (especially after surgery or childbirth), tonsillitis, anaemia, headache, hard, dry or loose cough. Very hungry & thirsty, love ice cream, great thirst for cold drinks but may vomit them. Better for sleep, fresh air, drinking. Worse in changeable weather, & before midnight.

6. **Pulsatilla 30c** Emotional, irritable, whiny & weepy, & desire company & support (Mum & Baby!). Feel they can't cope, "want to go home to mum". Insufficient or too much breast milk (also *Urtica*). Any condition with thick, bl&, yellow-green discharge - colds, conjunctivitis, thrush. Upset stomachs common especially from eating too much rich or fatty food (ie after a party). Symptoms constantly shift & change rapidly in character & position. Dry mouth with no thirst is characteristic, especially in fever. Wet or dry cough, cystitis, earache, wind, headaches, nausea, styes, chicken pox, itchy rashes.

7. **Sepia 30c** For new mums who are worn out & run down from the whole experience. Ratty with family, aversion to company & sex, may feel they want to escape or give their new baby away. May be weepy but worse for being consoled.

USEFUL ADDITIONS

Rescue Remedy, a combination of Bach Flower Remedies, is one of the most valuable first aid tools for mental & emotional stresses & strains, & can also be applied externally for wounds, bites, stings, etc. Use during labor for Mum & helpers, & safe to put 1 drop on the inside lip of new babies who are unsettled or distressed. Don't leave home without it!!

Colic Drops R37 Can be very helpful for unsettled babies where Chamomilla has not helped. A combination of remedies to help sooth the discomfort of colic, wind & constipation. May be useful in teething or conditions where there is restlessness, pain or muscle spasm. 1 or 2 drops on the tongue or in a water bottle.

Kali Mur/Ferr Phos 6x For the first signs of colds, sore throats or fever - if no other remedy is indicated. This is one of the most useful general remedies to have in your kit as it can be used by the whole family & works really well.

NOTES

If you are anxious about giving pilules to a newborn, crush one pilule between two clean teaspoons & tap a little into baby's mouth. Or put 1 pilule in 1/4 glass of water, stir vigorously & give a little from a teaspoon as the dose.

Alternatively, remedies can be made up in liquid if you prefer. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid.

Remedy reaction should be relatively fast in a new baby. One or two doses will usually get results. If you give up to five doses with no change, consider another remedy.

CHILDREN'S AILMENTS

Below are some of the minor ailments small children are likely to experience, along with the indicated remedies. You will find at least one remedy for each ailment in the kit. Any others you require may be purchased from the clinic, on-line or from some pharmacies.

Chicken Pox: *Rhus Tox*; small vesicles with clear fluid, lesions dry & itchy. *Pulsatilla*; clingy, poss cough. *Mercurius*; infected spots.

Croup: *Aconite*; immediately & every 10 minutes until child settles. Hot steam from shower or basin is very helpful. Then alternate

Spongia & Hepar Sulph every hour for up to 5 doses if symptoms persist.

Fever: Fever is a sign that the body is working to ward off an invader. Paracetamol may bring the temperature down but will dampen the action of the immune system.

Aconite; high fever, sudden, often around midnight or after cold dry weather or getting chilled.

Belladonna; Sudden, with red face, staring eyes, restlessness, rapid pulse, delirium. *Phosphorus*; child craves cold drinks which are vomited when taken. *Pulsatilla*; high fever with ear pain, yellow-green runny nose, weepy, clingy.

Measles: *Pulsatilla*; with cold, cough or eye inflamm. *Euphrasia*; headache, swollen eyes, averse light. *Bryonia*; headache, hard, dry, painful cough. *Phosphorus*; Dry, tight cough with thirst for cold drinks & possible vomiting.

Mumps: *Phytolacca*; gl&s swollen & hard, ears hurt on swallowing. *Mercurius*; glands worse right side (but not always). Offensive saliva & sweat, foul tongue. *Rhus Tox*; can be taken daily during incubation period.

Roseola: *Pulsatilla*, *Phytolacca*.

Rotavirus: *Aconite*; watery diarrhea, strong thirst, restlessness, sudden onset. *Ars Alb*; Frequent offensive burning diarrhoea, prostration, thirst for sips. *Merc S*; greenish, bloody, slimy stool with pain, child is sweaty, extreme thirst. *Podophyllum*; profuse, putrid, projective diarrhea, painless, worse

from drinking.

Rubella: *Phytolacca*, *Pulsatilla*, *Belladonna*; if spots join up & look like scarlatina.

Scarlatina or Scarlet Fever: *Belladonna*, *Mercurius*, *Arsenicum*; skin comes off in fine powdery scales.

Tetanus: *Ledum* or *Hypericum*. If your child treads on a nail or syringe, is bitten by a dog or sustains some other form of puncture wound give *Ledum* immediately. Use *Hypericum* if very painful with shooting pains.

Threadworm: *Cina*; itchy nose & bottom, very irritable, huge appetite. If this doesn't work after a week, contact your homeopath.

Whooping cough: *Drosera*; throat dry, tickly with vomiting, difficult breathing, frequent noisy cough. *Belladonna*; red in face, eyes puffy & bulging. Whooping & retching better coughing up mucous. *Ipecac*; wheezing, rattling chest, gagging & vomiting, becomes rigid & pale.

DOSE

The dose for remedies in the kit is 1 or 2 pilules as required until improvement is felt.

If the situation is severe take one dose every 10-15 minutes for up to 3 doses, then spread out to hourly for the rest of that day, 2 hourly on the second day & 4 hourly thereafter as long as there is improvement. If there appears to be no reaction after five doses, the remedy is probably

If symptoms are not very acute try giving 3 times a day for 3 days. This is a good way to give *Arnica* during & after labour, or to finish off a cold.

REMEMBER homeopathics are very safe if given according to the above instructions. Once there appears to be improvement in a condition, stop the remedy until either (a) the condition is better or (b) it slightly worsens again, at which point repeat the remedy.

Care of your Remedies

1. Do not touch the remedies with your hands. Roll into lid of container & drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.

2. Try to take remedies 10 minutes before or after food, drink, smoking, & brushing teeth. This promotes the best remedy action, but in a really acute situation *just give the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies away from direct light & heat, strong smells (such as essential oils) & electrical appliances especially mobile phones.



This mini kit of 7 remedies will give you and baby a good start, right from the beginning of labour through baby's first months up to around five years. You should find something in your kit to treat the first stage of most problems, and will find this kit really useful to pop in a nappy bag or handbag! *Add Rescue Remedy & you're all set!*

Because homeopathics contain no toxic substances they can be safely used in pregnancy and for the newborn, and will work equally well if taken by the breast feeding mother. Improvement is usually rapid, particularly in the treatment of pain. Emotional problems, such as mild post natal depression, can also be treated very effectively.

The remedies in this kit are a small selection of the remedies which may be indicated in ailments of new mums and the under 5's.

Should your home prescribing prove ineffective, seek the advice of a registered homeopath or visit your medical practitioner.

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