

Homeopathy for Infants

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Who am I?

- I'm a Homeopathic Doctor, Trained Doula, and Reiki Master
- Co-owner of Riverdale Homeopathic Resources and Community Wellness Clinic
- Have a family practice out of RHR clinic and will be taking Doula clients in July.
- Graduated with honors from Ontario College of Homeopathic Medicine, a 3 year rigorous full time program. Studied as well with some of the best homeopaths around the world including Sunil Anand, Rajan Sankaran, and Louis Klein's master clinician's course.
- I'm registered with the Ontario Homeopathic Association
- I'm also mom to a bubbly 13 month old.

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What is homeopathy?

Homeopathy is a system of medicine that is based on treating the individual with highly diluted substances, which trigger the body's natural system of healing. Based on your experience of your symptoms, a homeopath will match the most appropriate medicine to you. We have thousands of medicines available to us, and we do the best to match a medicine to your presenting state.

Homeopathy is great for kids. Unlike antibiotics homeopathy does not affect digestion, reduce the immune system, or cause allergies. Homeopathic remedies taste sweet and kids love them.

Homeopathy acts quickly in children and is often easier to find the right remedy for a child than for an adult.

Welcoming Your Baby

Arnica – a great remedy to reduce any swelling, bruising and inflammation from the trauma of birth

Colic

Medically colic is defined as inconsolable crying for 3 hours or more 3 times per week. Most of us think of it as gastric discomfort, though nobody knows for sure if this is the cause. Colic typically appears in the first 3 weeks, and disappears on its own by the time a baby is 6 months old.

Colic could be a reaction to foods in a breastfeeding mom's milk. Coffee, dairy and wheat are common culprits.

Try putting or relieving pressure on the abdomen. This will also help in deciding on a remedy. Try a warm bath or placing a hot water bottle on baby's tummy. Try rubbing baby's tummy (*I Love U pattern*), Wear your baby in a carrier or sling.

Seek Help If:

The colic persists - especially if your baby screams inconsolably.

Colic is accompanied by persistent vomiting, diarrhea, constipation or absence of urine.

Remedies:

A common over the counter combination remedy you can try is **Cocyntal** bu Boiron.

Chamomila:

The child is very temperamental, restless cries angrily, arches his back and turns red in the face. Sleepless with pain. *Wants to be carried, and being rocked or walked about in arms help to calm the baby down*, Diarrhea, yellow green stools,. Refuse what they ask for. One check is red. Consider this remedy if the baby is also teething. This type is often aggravated by coffee, so avoid it if you're breastfeeding.

Mag Phos:

Baby is anxious and lifts legs towards chest, curls inward with abdominal pain. Constipation, baby passes a lot of gas. Better from warmth. Colic with few other symptoms.

Colocynthis

Colic with a bloated abdomen and green diarrhea. Severe pain comes in waves. Worse after eating or drinking, worse when over heated and before a bowel movement. They are better after passing stool and with pressure or rubbing. Babies draw their legs up and are better for having their tummies rubbed. They scream with pain and are better if you put them over your knees or shoulder.

Rheum:

Colic before diarrhea, *sour smelling stools*, child smells sour. Screaming (not just crying). Suddenly dislikes their favourite thing.

Belladonna:

Distended hot abdomen. Face is red and hot, pupils are dilated and child is sensitive to noise. Furious, screaming and striking. Feels worse from pressure on tummy, and from motion.

Teething

Teeth work their way out typically between 6 months and 2 ½ years. Though every child is different in when and how this happens. Some children are born with their first teeth, in others teeth don't appear until they are over a year old. This process can cause pressure and trauma on the gums resulting in a combination of symptoms including pain, mild fevers, flushed cheeks, profuse drooling, diarrhea, emotional upset, and loss of appetite. Other kids sail through with hardly any symptoms.

Some natural remedies I have found helpful include Hazelnut and Amber necklaces. I like wrapping a washcloth around an ice cube, tying with a rubber band and letting the child suck away happily. My favourite trick is to make ice cubes from water mixed with Chamilia.

Remedies:

Chamilia- one of many over the counter homeopathic combination remedies for teething, and one of my favourites. If this doesn't work try Hyland's` Teething

Chamomila:

One of the most common remedies used for teething. Swollen, inflamed and tender gums. The face is flushed (often on only one side). Teething is often accompanied by painful colic. Child is irritable, whiny and angry, wants things and then refuses them. Child is super sensitive and wants to be carried. Teething pain better from cold.

Belladonna:

Symptoms come on suddenly. Pain is throbbing mouth is hot and dry. Face is red. Grinds teeth. Fever. Biting or striking at others. Intense fears. Sensitive to noises. Pain better from pressure.

Calcarea Carbonica:

Delayed, slow, and difficult teething. Placid chubby babies. Sweats from the head even though child is chilly. Stools, sweat and vomit have a sour smell Gums and mouth are swollen

Calcarea Phosphorica

Similar to Calc Carb but for a thinner quickly growing constitution. Late teething and teeth are soft and easily decay. Convulsions during teething without fever. Weight loss. Symptoms worse at night, and from warm or cold things in the mouth.

Podophylum

Teething with copious green diarrhea. Excessive desire to bite things. Grinding of gums in sleep. Worse early in the morning and in hot weather.

Ear Infections

Rates of ear infections are on the rise, yet up to 70% of ear infections don't respond to antibiotics – usually because the cause of the infection isn't bacteria. Antibiotic use has been shown to double the rate of ear infections. 42% of all antibiotics given to children are given for ear infections¹. There are other solutions. First you need to look at you and your child's diet and second try a homeopathic remedy.

Diet – cut out dairy, wheat, and corn – these typical allergens may be the cause of chronic ear infections.

Try warmed garlic oil in the ears (as long as there is no discharge). Don't allow a baby to bottle feed while lying down

Remedies:

Belladonna – Indicated in the acute phase of an infection. The ears are red and throbbing and a high fever is present. Pupils are dilated, eyes are glassy while the mouth and lips are dry. The child may have nightmares. Symptoms are worse at night, and loud noise aggravates. Feels better with warmth.

Pulsatilla- This is the most commonly indicated remedy for both acute and chronic otitis. Begins with a cold that develops into an ear infection. Ear is hot, red and swollen. Pain can extend to face and teeth. There can be a thick yellow discharge and a stopped up feeling in the ears. The child is gentle and clingy, whiny, and wants sympathy and attention. Symptoms are better in the evening and open air, worse in a warm stuffy room

Chamomila- Acute or chronic otitis. Extremely painful and very sensitive to touch. Child is teething. One ear is red and hot while the other is pale and cool. Child is screaming, irritable and want to be carried all the time. Calms down when carried and rocked. Better warmth, worse night, cold, lying down, drafts and wind.

¹ Dr. Asa Hershoff, *Homeopathic Remedies*, 1999, Roger Morrison MD, *Desktop Companion to Physical Pathology*, 1998

Mercurius - Ruptured ear drum with foul green or bloody pus. Ringing in ears. Recurrent throat or tonsil infections. Often affects the Right ear more than the left. Child has bad breath and foul smelling sweat. Symptoms are worse in the night, both hot and cold, damp, drafts, warm drinks

Diaper Rash

The why's of diaper rash:

Super sensitive skin that spends extended periods of time in the chemicals and moisture of pee and poo while covered in a diaper that rubs back and forth.

Damaged skin is now more susceptible to bacteria and yeast which can worsen the rash.

A few tips:

- Use water to clean your baby's sore bum.
- Use a hairdryer on a cool setting to dry the area
- Give your baby diaper free time (lay baby on a waterproof pad or towel) as often as you can
- Try Lanisoh - same stuff you use on painful nipples
- Avoid commercial wipes, or use all natural wipes like 7th Generation. Instead of wipes use wet cotton balls or wash cloths.
- If using cloth diapers soak diapers in half a cup of vinegar before washing.

Different Diaper Rashes²:

Contact diaper rash - this is simply the regular rash as discussed above.

Appearance - flat, red, irritated skin. When severe, skin will peel or blister and slough off.

Intertrigo - this is a specific rash that occurs within the skin folds and creases around the diaper area where the skin rubs together.

Appearance - Heat and moisture mixed with urine cause a red, burn-like appearance.

Yeast Rash - when the skin is damaged, yeast from the intestines can invade the skin. This especially occurs with antibiotic use or prolonged rash.

Appearance - it is a red, raised, patchy rash with sharp borders, mostly over the genitalia but with satellite spots sprinkled around the diaper area. Make sure to give your child probiotics.

Impetigo - this occurs when bacteria invade the damaged skin.

Appearance - coin-sized blisters or red raised patches that ooze a honey-colored crust.

² From www.askdrsears.com

Seborrhea - an inflammatory condition that can affect different parts of the body, but can be especially severe in the diaper area.

Appearance - a big, red, sharply demarcated patch over the groin, genitalia, and lower abdomen. It can be more raised, rough, thick, and greasy than the other rashes.

Allergy ring - a variety of foods can irritate baby's bottom, especially acidic foods such as citrus and tomato-based sauces.

Appearance - a red ring around baby's anus.

Treatment - discontinue suspected foods. Breastfeeding moms may need to eliminate foods from their diet.

Remedies:

Borax: This is the traditional remedy for thrush and hence can be a good remedy for a yeast rash. The child is sensitive and easily frightened. Fear of downward motion (ex. When being placed in a crib). Diarrhea that's loose, pasty, greenish and offensive. Dry skin that festers easily and won't heal.

Rhus Tox: Baby is restless and fearful at night. Warm baths improve skin. Little blisters that break and seem to itch. Skin is very red.

Calendula - this is a great soothing plant when applied topically. Get the gel instead of the cream.

Graphites - a sticky, crusty rash up cracks of buttocks to the back. Skin oozes honey like substance that dries into a crust (consider for impetigo)

Cantharis - Rash with blisters, skin looks like it's had a bad burn.

Chamomila - consider if child is teething.

Fever:

If you have children with fevers higher than 39.5 degrees celcius (103.5 Fahrenheit) (temperature taken orally) that don't respond to any remedies or general home care within 6 hours you should contact a Doctor, if a fever is higher than 40.6 degrees celcius ou should seek immediate care – especially if the child shows any of the symptoms below. Infants less than 6 months need medical care for any fever higher than 38 degrees celcius (100.5 Fahrenheit) and babies under 2 should receive medical care for any fever. (temperature taken rectally will be about .5 degrees higher.

When should I try to lower my child's fever?

In older children, fevers are more frightening than they are harmful. They're usually just a sign that the body is fighting an infection. Suppressing a fever can suppress the work of the immune system and extend the length of illness. The main reason to treat your child is to make him or her feel better. In infants however you should follow the guidelines above.

Fevers often run from 38o to 40oC and usually are a result of viral illnesses lasting just a couple of days.³

Call your doctor if your child has any of these warning signs:

- Changes in behaviour, extreme irritability
- Severe headache
- Constant vomiting or diarrhea
- Skin rash Dry mouth
- Sore throat that doesn't improve
- Earache that doesn't improve
- Stiff neck
- Fever comes and goes over several days
- High-pitched crying
- Swelling on the soft spot on the head
- Unresponsive or limp
- Wheezing or problems breathing
- Pale
- Whimpering
- Seizures

³College of family physicians website

<http://www.cfpc.ca/English/cfpc/programs/patient%20education/fever%20children/default.asp>

Remedies

Aconite:

Beginning stages of a fever or cold. Comes on suddenly. After exposure to cold, shock or fright. Child has chills with fever and easily feels chilled. Child is extremely thirsty, and may have a croupy cough. Face may be red or may alternate between pale and red.

Belladonna:

Sudden onset of high fever with a flushed face – this should be the first remedy that you consider (before aconite). The head is hot while the limbs are cold. You may even see heat or feel heat radiating off the body. The child does not perspire and is not thirsty. Symptoms are worse at night.

Ferrum Phos.

This remedy is also given at the onset of a fever, however the onset is slow, and the fever is not as high or intense. Child is better with cold compresses.

Bryonia

Gradual onset of fever. Chills predominate over fever. Extreme thirst, dry cough, and worse from least motion. Head is hot while body is cool. Sour smelling perspiration.

China

Intermittent fevers. Drenching sweats, exhaustion, indigestion and bloating. Chills in the day followed by fever in the evening. Worse from uncovering, and slightest touch. Better from eating.

Gelsemium

Child is weak and tired. Baby is quiet and wants to be left alone. Key words for this remedy are Dull, Dizzy, Drowsy and Droopy eyes. Horrible shivering during a chill and wants to be held.

How do I take a homeopathic remedy?

If symptoms are acute and require quick resolution (such as in an acute ear infection with high fever) you can give the remedy every hour until you start to see improvements. Stop giving the remedy as long as child is improving.

For less acute conditions give once a day until you start to see improvement or an aggravation. An aggravation should start improving soon. If improvement stops repeat remedy.

For children it's good to give 6C potency, 1 pellet diluted in ½ cup of water, then give one teaspoon. In case of emergency give 30C and repeat up to every 15 minutes.

Where can I buy homeopathic remedies?

Most health food stores carry a stock of frequently used remedies in limited potencies.

Riverdale Homeopathic Resources (416-778-0085) can supply almost any remedy available on the market. They source their remedies from around the world. They will also ship remedies.

Mother's basic homeopathic Kit:

Family first aid remedy kits are available at Riverdale Homeopathics

Remedies to have at home:

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| Aconite | Arnica | Arsenicum | |
| Belladonna | Bryonia | Chamomila | Colocynthis |
| Calendula | Carbo Veg | Gelsenium | |
| Hypericum | Ignatia | Ipecac | |
| Phosphorous | Pulsatilla | Rhus Tox | |

Books:

Homeopathy, A Manual for Mothers Janee Niebler

Homeopathic Remedies by Asa Hershoff ND

Homeopathic Medicine for Children and Infants, Dana Ullman

Homeopathic Self Care, Robert Ullman, Judyth Reichenberg Ullman