

Back to school - homeopathy for children

Yes, it's the time of year for organising uniforms, games kits and pencil cases. You get the children safely off to school and either breath a sigh of relief or shed a tear or two. Then before you know it the problems begin. Coughs, colds and nits are doing the rounds; there may be problems in relationships with other kids or teachers; after running loose all summer children may have difficulty calming down in the classroom, or it maybe their first schooldays and it's all very strange and scary for them.

Homeopathic remedies are so gentle they are excellent for treating children of all ages, and they can be used for both physical and emotional issues, as shown below

Some homeopathic cold remedies

Aconite - rapid onset of symptoms after exposure to cold winds/restless/sensitive to light/marked thirst/headaches
Belladonna - start with sudden high temperature/skin is hot, dry, bright red/irritable/intolerant of light and noise
Ferrum Phos - face flushing in separate circular patches on cheeks/may have nose bleeds/worse at night
Arsenicum Album - very chilly/want warmth/restless/symptoms worse at night/better for company
Nux Vomica - very irritable/may have constipation/blocked nose at night/sneezing bouts/worse just after waking
Allium Cepa - burning nasal discharge making nostrils and upper lip sore/watery eyes/better for cool room
Natrum Mur - nasal discharge like egg white/lots of sneezing/may have cold sores/cracked lips/thirsty
Euphrasia - lots of watery nasal discharge/irritated and watery eyes/swollen eyelids/frequent sneezing

Some homeopathic cough remedies

Bryonia – cough with gagging or vomiting/worse for moving around/child may hold on to chest while coughing
Aconite – harsh, croupy cough after exposure to cold, dry winds/feels fine going to bed but wakes coughing in night
Drosera – choking cough/chilly but with profuse sweating/may vomit with cough/better for being active
Ipecac – coughing with retching and vomiting/nauseous/bad tempered and screaming/better sitting up
Phosphorus – cough is dry, hard and wheezy/tight chest/craves ice cold drinks/discharges are yellowy-green
Pulsatilla – cough with green mucus which builds up over night/worse in stuffy rooms/clingy and weepy when ill
Spongia – dry, barking cough/worse on waking/coughing fits may make breathing difficult/worse for talking
Silica – persistent, lingering coughs that don't clear/cough may follow chill or exposure to dampness



It is very useful to have a homeopathic first aid kit at home. This comes with a helpful instruction booklet to assist you in selecting remedies but if you are unsure then seek advice from a registered homeopath, telling them if you have a kit to hand.

(Helios kits normally retail at £26.95 at time of writing but are available from me for £20 plus p&p)

NB: If your child is subject to repeated bouts of cold/cough symptoms you should consult a registered homeopath in order to deal with your child's predisposition to the problem.



Nits

Research shows that 1 in 5 children have head lice at any given time and they are becoming immune to conventional treatment. Standard treatment often involves chemicals such as pesticides and organophosphates which are usually not recommended for those suffering with asthma. It also appears that many of the expensive treatments available prove ineffective.

How to prevent/treat lice:

- Regular brushing and combing is a good way to maintain scalp and hair health and keep head lice away.
- Tie long hair up while at school or with other kids.
- Put a drop of lavender oil onto your child's hairbrush. The oil rests on the hair and deters lice from settling.
- Once a week or so do a quick nit check. Look behind the ears, under the fringe and at the nape of the neck. If there are just a few eggs follow this with a shampoo and then comb through with a fine tooth nit comb. Use conditioner to make the job easier.
- Tea tree oil seems very effective in treating nits. Tea tree shampoos and conditioners are available but you can also buy tea tree oil and put a few drops into your regular shampoos and conditioners.

Hyperactive children (ADHD)

There are homeopathic remedies that prove very effective in helping children with ADHD but you would need to consult a registered homeopath for specific advice. (One of the major suspected causes is vaccination.)

Some things to try:

- It's good advice to give all children an essential fatty acid supplement at the maximum daily dose. Especially helpful with ADHD. Good brands to look for are Eye Q or Higher Nature Start Smart.
- Reduce sugar intake as much as possible. Artificial sweeteners are better than nothing in the short term. A wholemeal diet is best as white rice, potatoes, etc. are easily converted to sugars. Avoid e numbers, colourings, etc.
- Remove adrenal stimulating foods/drinks, eg. chocolate, hard cheese, oranges, orange juice and cola drinks.

Delayed development

Homeopathy can help in cases where children may be struggling to keep up with the rest of the class, be slow in reaching general milestones (teething, walking, talking, etc), dyspraxia (poor co-ordination) and such like.

Behavioural and emotional issues

Behavioural problems such as biting, kicking, hitting, bullying, etc. can be addressed with homeopathy. Remedies can also be extremely effective in emotional areas. Children starting school or moving into a new class may be anxious and nervous. Worries can manifest in all sorts of ways – children may become withdrawn, angry or sulky, or they may wet their bed.

Vaccination

This is a controversial area and one which will be covered in greater depth in a future newsletter (please email me to sign up for further issues). Suffice to say here that whatever your decision homeopathy can provide support. Unvaccinated children can be treated constitutionally in order to boost immune systems and vaccinated children can be treated both during the procedure (shock, bruising, anger, etc) and with any adverse effects afterwards.

To find out more visit my website or to discuss how homeopathy can help you please email/phone me for an informal chat.

