

## Homeopathy for babies

Your little bundle of joy can turn into your little nightmare when he/she feels unwell. Unfortunately the only way they can relate this to us is by crying, inability to settle to sleep or through physical symptoms such as vomiting, changes in poo, high temperature, etc.

The advantage babies have over us is their incredible energy. They can become ill very quickly and dramatically and also recover in the same manner – all of which uses up huge amounts of energy.

Homeopathy is an ideal treatment for little ones because it is safe, natural and usually works very quickly.

**Some of the problems which respond well to homeopathic treatment are colic, nappy rash/eczema, teething, earache, digestion disorders, general coughs and colds, and any adverse reactions to vaccinations, etc.**



To be controversial for a moment – I know ‘Mum’s Best Friend’ is usually the bottle of medicine containing paracetamol, sometimes with ibuprofen. And I have to agree that it usually reduces temperatures, calms fretful babies and provides pain relief. But the body produces symptoms in order to tell us that something is wrong, like waving a red flag to draw our attention. Using paracetamol and the like suppresses the symptoms and doesn’t actually deal with why the body has waved the flag at us in the first place. Yes, the symptoms may go away but they may also pop up again, sometimes in a different form, because we haven’t really paid proper attention to them. By pushing these symptoms down we could argue that we are suppressing an immune system that is just trying to do its job.

Homeopathy looks at why the symptoms appear. It looks at the whole person – be it baby or adult. It takes into account the physical symptoms but also the emotional symptoms. Does your baby find comfort in being held? Must you walk around holding him/her? Does he/she push you away? Are they angry or clingy? In this way homeopathy looks at the whole person and provides remedies that give the body the gentle nudge it may require into the process of healing itself. Thus it supports the natural immune system and strengthens it.

**To find out more visit [www.debbie-richards.co.uk](http://www.debbie-richards.co.uk) or email/phone me for a chat to find out how homeopathy can help you and your baby.**

### Baby care products

All parents want to do the best for their little ones but finding the best products – pure, natural and eco friendly – can be a minefield. Some suggestions as recommended by mothers are:-

[www.twinkleontheweb.co.uk](http://www.twinkleontheweb.co.uk)

A very comprehensive and helpful site with all you need to know about cloth nappies and lots of advice.

Cloth nappies can be an expensive outlay but can be found second-hand on websites such as ebay or gumtree.

[www.beamingbaby.co.uk](http://www.beamingbaby.co.uk)

Good prices for eco nappies and at time of writing offering a free eco-disposable nappy trial pack. Also sells bath/skincare products, baby wipes, baby clothes/gifts, baby bedding and general organic/eco-friendly products.

[www.essential-care.co.uk](http://www.essential-care.co.uk)

Lovely mum and baby products (including nipple balm and bump butter) – made in the UK and organic. Available online and also stocked in some shops. See the website for stockists.

[www.greenpeople.co.uk](http://www.greenpeople.co.uk) and [www.organicbabies.com](http://www.organicbabies.com)

Wide range of products for the whole family but lots for babies and children including sun care.

