

Homeopathy for babies and children

What is homeopathy?

Homeopathy works on the principle of using like to cure like. In other words the medicines are made, in miniscule amounts, of the same substance that would cause the symptoms.

For example, in homeopathy a medicine derived from onions can be used to alleviate watery eyes and a runny nose, which are symptoms that an onion might cause.

The medicines are derived mainly from plants and minerals. The active ingredient is diluted many times (making it completely safe) and succussed (shaken vigorously) to produce the medicine.



Important

A sick child should always be seen by a doctor urgently, by emergency ambulance if necessary, in the following situations:

- There is a persistent high fever with constant vomiting or diarrhoea
- The child has a rash which does not go pale when a glass is held firmly on it
- The child is floppy
- The child consistently doesn't respond to your voice
- The child is unconscious

If the child has a raised temperature but is able to chat to you or respond in a normal way and is eating or drinking to an extent, your local GP surgery or out-of-hours service will be able to help.

How to take homeopathic medicines

Because homeopathic medicines are very sensitive, avoid touching them with your hands – if you are using pills, tip one into the lid of the container rather than into your hand. For babies, crush one pill in the 30c potency between two spoons and add to a small glass of mineral water and give the baby one teaspoon of the mixture as a dose. You should see an immediate improvement. Keep repeating the dose (one teaspoon from the glass with the dissolved pill) until the symptoms clear. If there is no improvement, discontinue treatment with that particular remedy.

Medicines for minor ailments

Homeopathic medicines are safe and effective to use in babies and children. Listed below are some common problems you can treat at home.

All of the indicated medicines can be taken in the 30c potency – you should be able to find these at Boots and other pharmacies and health food stores.

There are also a number of specialist homeopathic pharmacies [see next page] who can advise you over the phone and send you medicines by post.

Bumps and bruises

Arnica is an excellent first aid remedy and can be taken in tablet form or applied as an ointment to speed up healing of bruises and treat shock.

list continued on next page

Homeopathy for babies and children

Medicines for minor ailments continued

Colic

- baby settles a bit when resting face down on tummy **Colocynth**
- baby settles if you rub tummy gently or hold a warm hand against tummy
Magnesium phosphoricum

Coughs and colds

- thick yellow catarrh, child is tearful and clingy with a need for constant cuddles; not thirsty; cough worse at night on lying down **Pulsatilla**
- dry tickly or hard, barking cough that is exhausting; child feels the cold and is very thirsty, especially for iced drinks **Phosphorus**
- a dry cough that tends to come on after exposure to the cold; child is irritable and doesn't want to be moved; wants to be left alone **Bryonia**
- slow onset, mild fever, worse at night, feels better in the cold, child may suffer from nosebleeds **Ferrum phosphoricum**
- Streaming nose and possibly eyes too, sneezing, clear discharge often thicker after 24-48 hours, child prefers to be alone
Natrum muriaticum

Fever

- comes on suddenly and the child is agitated and hot with bright red cheeks **Belladonna**

Nappy rash

- Try washing the baby's skin with a solution of calendula and hypericum
- dry rash on sensitive skin **Sulphur**
- intensely itchy rash with blisters
Rhus toxicodendron

Teething

- baby has one bright cheek, is screaming with anger and settles when carried around
Chamomilla

Specialist homeopathic pharmacies

Ainsworths Homeopathic Pharmacy
36 New Cavendish Street, London W1G 8UF
0207 7935 5330
www.ainsworths.com

Freeman's Homeopathic Pharmacy
20 Main Street, Busby, Glasgow G76 8DU
0141 644 1165
www.freemans.uk.com

Helios Homeopathic Pharmacy
97 Camden Street, Tunbridge Wells TN1 2QR
01892 537254
www.helios.co.uk

Nelson's Homeopathic Pharmacy
73 Duke Street, London W1M 6BY
0207 629 3118
www.nelsonbach.com

Weleda (UK) Ltd
Heanor Road, Ilkeston, Derbyshire DE7 8DR
0115 944 8200
www.weleda.co.uk

Related articles

Chronic ENT problems in children – including glue ear

www.britishhomeopathic.org/how_we_can_help/articles/babies_and_toddlers

Homeopathy for toddlers – including croup & temper tantrums

www.britishhomeopathic.org/how_we_can_help/articles/babies_and_toddlers

Homeopathy for school children – including anxiety

www.britishhomeopathic.org/how_we_can_help/articles/babies_and_toddlers

Where to find a regulated homeopathic practitioner

Members of the Faculty of Homeopathy are conventional doctors trained in homeopathy and are therefore regulated by the state. They hold the qualifications LFHom, MFHom or FFHom.

A full list of practitioners is available at www.britishhomeopathic.org or by calling 0870 444 3950.

