



## Baby Talk...

By Dr. Benita Perch, Naturopathic Physician

# First Aid Homeopathy for Babies and Toddlers

Homeopathy offers an approach that works in conjunction with the body's natural ability to heal. It is safe and effective to use for many conditions in babies and toddlers, and in many first aid cases around the home, having a homeopathic kit on hand with some basic remedies can be very handy. I recommend having the following remedies in 30c potency.

In serious cases medical attention will be needed in addition to the remedy, however homeopathy can still be used to speed up healing time. In cases of reflux, colic, and eczema, it is essential to have the case assessed by a qualified homeopath so that the correct remedy can be prescribed.

### BRUISING, TRAUMA OR SHOCK:

Arnica Montana is the most important remedy to have at home. It can be used as a first aid remedy after any trauma or shock, especially if bruising is likely to follow. It can be used if your child falls, after a grazed knee, or even after a big fright. It is also very useful in speeding up healing after any surgery or procedure.

### FRACTURES / EYE INJURY:

Symphytum helps to speed healing after any fracture. It can also be used for any injury around the eye as a result of a blow by a blunt object. With an acute fracture use arnica first then follow with Symphytum.

### SPRAINS & STRAINS:

Ruta Graveolens is used following Arnica in cases of sprains and strains and it too will speed up healing.

### HEAD INJURY:

Nat Sulph acts as an acute remedy like arnica but for any trauma specifically to the head, for instance falling out a tree or being hit in the head by a cupboard door.

### PUNCTURE WOUNDS & BITES:

Ledum Palustre is a first aid remedy for puncture wounds for instance from a nail, an insect sting or animal bite.

Apis mellifica is also a great first aid remedy for any insect bites or stings. Especially when there is stinging, itching and burning, as well as the bite being red and swollen which is eased by a cold application. It can be used for anything from mosquito to ant bites.

### CRUSHED FINGERS:

Hypericum is useful for any crush injuries to fingers, toes and nails especially at the tips, for example when getting your hands slammed in a door.

### CUTS:

Staphsagria is used for any clean cuts for example from an accident with a knife and can be taken on the way to the doctor or hospital.

Calendula is more useful for jagged and ragged wounds, and is also useful to take to help with wounds that are not healing well.

### BURNS:

Urtica Urens can be used after minor 1st degree burns for instance from touching a hot pot or hot water by mistake. For more serious burns that require medical attention, Causticum can be used for 2nd degree burns and Cantharis for 3rd degree burns.

### TEETHING PAIN:

Chamomilla can be helpful for teething pain, however, sometimes a more thorough assessment is needed.

### VOMITING & DIARRHOEA:

Arsenicum Album is useful to have at home for vomiting and diarrhoea, to use straight away but it is not always the right remedy.

### WHAT DOSAGE?:

For the above First Aid cases, give 3 x 30c pellets under the tongue every 2-3 hours.

### WHERE TO BUY?:

Homeopathic remedies are available from IMI, Holistic Central, and some health stores.

### WANT TO KNOW MORE?

Dr. Benita Perch practices weekly at Discovery Bay Medical Centre (T: 2987 5633) or you can visit her website [www.drperch.com](http://www.drperch.com).