

## Homeopathy for Mother and Baby

Homeopathy is a highly effective and safe system of medicine for babies and children. It is easy to administer - the medicines have no nasty taste - and no side effects. Homeopathy works by stimulating the child's immune system and resolving problems from within.

The best preparation for a healthy pregnancy and birth is before conception. Homeopathic treatment can prepare your body for a healthy start for the baby. Difficulties in conceiving can often be helped by homeopathy and by improving hormone function generally it can often help to reverse a tendency to early miscarriage.

Women often turn to homeopathy during pregnancy when they are suffering from morning sickness, tiredness and cramps and are looking for a solution that will not harm the unborn child.

**Sepia** is invaluable when the pregnancy is accompanied by great tiredness and nausea. **Ipecacis** is more useful for the type of nausea that is not improved by vomiting. Other self-help measures are eating little and often to maintain the blood sugar at a stable level and sipping ginger tea at regular intervals. Fresh air and exercise will also help.

During the pregnancy, homeopathy can help to tone the uterus and ensure that the labour and birth go smoothly. Birthing kits and first aid remedies are available to smooth the delivery and speed recovery afterwards. There is first aid help for the baby, too, if intervention should have been necessary. With the arrival of the baby comes a different range of problems. Sepia can be useful again when the mother is tired and low. Some babies seem to cry a great deal which can be very upsetting for the new mother. This can often be helped by homeopathic medicine, which can speed recovery from a traumatic birth and calm unsettled babies.

Women who wish to breast-feed are concerned to have a good plentiful milk supply. Homeopathy will establish a good flow of milk and can help to protect the nipples from cracking and soreness. It is also excellent and safe medicine for mastitis and other post-birth problems. This is often a difficult time for the mother with disturbing negative emotions rising unbidden to the surface. Post-baby blues are not unusual; they need to be acknowledged, and a visit to a professional homeopath will give the mother constructive support while homeopathic medicine will quickly re-establish normal hormonal balance. Homeopathy heals very gently from within and can help with the great sense of loss that accompanies a miscarriage or still-birth.

Sometimes, as though the mother did not have enough to deal with, a new baby can cause emotional or behavioral problems in older children who are finding it hard to adapt to the demands a new baby makes on the household. In such situations, homeopathy can help restore serenity and equilibrium to the whole family.

Homeopathy is safe, so it is ideal for babies with nappy-rash, colic and sleeping problems. In teething babies, the homeopathic remedy **Chamomilla** is exceptionally effective where the classic features of the remedy are present. These include restlessness and fury, with nothing seeming to pacify the distressed child except being carried. There may be slight feverishness with teething and possibly diarrhoea. The choice of this remedy would be strongly indicated by the appearance on one flushed and one pale cheek. Exposure to chill makes symptoms worse, while being rocked or carried is soothing and calming.

Teething pains that lead to a flushed, red face and a marked feverishness with skin that is dry, hot and bright red may respond to **Belladonna**. Indications for this remedy are great irritability, acute sensitivity of the senses, and very restless sleep with a tendency to start awake. Bright lights and loud noises cause great distress, while a quiet and moderately warm room are soothing.

Teething that is accompanied by marked weepiness and clinginess, by be eased by **Pulsatilla**. Characteristic features of this remedy include a tendency to mucus discharges that are thick and greenish-yellow in colour. This can lead to mouth breathing and snoring at night. Sympathy and lots of cuddles and affection ease symptoms temporarily, while becoming overheated and lying still may make the situation worse. Usually the child is better for fresh air.

The remedies Chamomilla, Belladonna and Pulsatilla will be useful again with earache. Chamomilla may have earache linked to teething pains. The child's behaviour is the best clue to the remedy. Classic features of the remedy are extreme anger and frustration when in pain, a tendency to howl and throw toys to the floor. Choose Pulsatilla for earache that follows the child becoming cold and damp. Although chilly, there is likely to be a marked aversion to being in stuffy and overheated rooms. The child will respond well to fresh air, gentle movement and plenty of sympathy and loving attention. Belladonna will have a more severe state of feverishness. Look for the bright red, hot, dry skin that is characteristic of this remedy. Earaches that respond well to this remedy are often right-sided or more severe on the right. Pains will be throbbing and may extend from ear to throat. If the symptoms have come on very abruptly and severely, often during the early part of the night, after exposure to sharp, cold winds choose

**Aconite.** The ear will be hot and inflamed with great sensitivity to noise and to pain. Confirmatory symptoms include visible distress, restlessness and panic with pain. Homeopathy has remedies to comfort and support mother and baby as well as for all the childhood problems that may arise. Home prescribing can be very rewarding but, if in doubt, do contact a professional Homeopath for advice and do visit a professional Homeopath when more serious or chronic conditions arise.

It is important that you feel happy with the manner and approach of your homeopath. In that way you will be more able to give your homeopath the information needed to prescribe well for you.

#### How do I find qualified homeopath?

To find a homeopath consult the Register of the Society of Homeopaths. All homeopaths registered with the Society practise in accordance with a Code of Ethics and Practice, hold professional insurance and have passed stringent academic and clinical assessments before being admitted to the Register.

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