



Keeping the Dr. away (everyday immune boosters)

- ❑ The first and best defense for all children is a well **balanced and clean sourced diet**. Always try to get your vitamins from your food.
- ❑ **Sleep** is a necessity for children. It's healthiest for kids to have a regular bedtime. Turn off screens at least an hour before bed, and make sure they get adequate amounts of sleep. This is just a guide, every families schedule differs:

Birth to 3	14-18hrs
3-6 m	14-16hrs
6m-2y	12-14hrs
2y-5y	10-12hrs
6y-13y	9-11hrs

14y-17y (varies by activity/at least 9 hrs)

- ❑ **Vitamin D/K2** Most people are deficient in this important vitamin duo. Giving your kids a ½ a drop per day can help keep their immunity ready to fight. Dosage is usually 1 drop (not a full dropper, read directions before administering.)

- ❑ **During flu season**, start the entire family on Elderberry syrup. Black Elderberries are one of nature's richest sources of pigments called anthocyanins which have a remarkable ability to stimulate the body's immune system.

Sniffles

- ❑ **Clear out their nose.** For older kids they should blow their nose several times per day. Using steam, saline spray, or a neti pot before blowing can help to get things moving. If they are too young to blow, you can use a saline spray and do gentle suction after. Getting out all that gross stuff will help keep the sniffles from turning into an infection.
- ❑ Assist with easier breathing by helping your kids **sleep upright** at night.
- ❑ **Drinking twice as much water** as usual. This will help to keep mucus moving more easily. This mucus is helping to clean out the stuff causing the stuffy nose.
- ❑ **Diffuse organic essential oils** such as eucalyptus, lavender, peppermint.
- ❑ **Homeopathic for sinus congestion** pulsatilla is a remedy that relieves

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non-irritant yellowish nasal discharge during the day and a dry nose at night.

Upset tummy/Diarrhea

- ❑ **Diarrhea** can be common but should be monitored closely. Hydration is critical, follow the recipe for the **(homemade electrolyte drink recipe below)**. Leave out any citrus that could be irritating. Try making it into popsicles for slower intake.
- ❑ **Probiotics** can help balance your little ones' good bacteria in their belly. There are probiotics appropriate for infant and pediatrics use.(Our favorites are below or recommendations are available from our in house N.D)
- ❑ **Keep it simple** when it comes to food. If nursing, allow baby to nurse as often as possible. If eating solids, give them foods easy to digest. Nothing acidic!

Broths (bone broth),binding foods like bananas, applesauce, toast, cereals (oatmeal, cream of wheat), skinless potatoes, white rice, 2 ingredient pancakes (egg and banana)

Easily-digested fruits with high water content like cantaloupe, honeydew and watermelon

Easily-digested proteins like eggs, white meat chicken and white flaky fish

A moderate amount of salty foods like pretzels, saltines. Cooked (and peeled, where applicable), mild vegetables like carrots, green beans, squash, zucchini and potato

For smoothies try blending banana, coconut water and ice or simply melon and water (but skip the berries until your child is feeling better.)

Aches, Fever

- ❑ **Essential oils** can be comforting when our littles don't feel good. Try diffusing peppermint, eucalyptus. Use almond or coconut oil with a few drops of Thieves or On-Guard and apply to the bottoms of their feet. (You can also easily make your own by ordering ingredients from Mountain Rose Herbs.)
- ❑ **Lots of rest** is vital when our children are trying to fight off the sickies.
- ❑ **Homeopathic Gelsemium** for common symptoms, headache, shivers, fatigue, aches and pains, alternating hot and cold, sore nose, very sleepy.
- ❑ **Homeopathic Nux vomica** for headache, pains all over, irritable, nauseous.Nose congested with little discharge, chilly - cannot get warm, even in bed.
- ❑ **Homeopathic Belladonna**
This remedy relieves high fever of sudden onset with sweating.

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- ❑ **Echinacea** Children 4 to 12 – 1000 mg 3 times a day for 2 days, then 500 mg 3 times a day for 7 more days.
Children 6 months to 3 years – 500 mg (or double the recommended number of drops) three times a day for 2 days, then 250 mg (or the regular number of drops) 3 times a day for 7 more days
- ❑ **Drink lots of fluids** to keep from dehydration. Follow the **homemade electrolyte drink recipe below**. Use fresh lemon and orange juice, avoid store bought premade/boxed juices. You can add ice to the blender if you prefer a cold drink but it's best to keep it room temp if your child will tolerate it .

It's a great idea to make a large batch and store the drink in the fridge in mason jars. You can experiment with different fresh squeezed juices.

Electrolyte Recipe

- ❑ *1/2 cup fresh orange juice*
- ❑ *2 cups filtered water (filtered or raw coconut water)*
- ❑ *1/4 cup fresh lemon juice*
- ❑ *4 drops grapefruit essential oil (or 1/4 cup grapefruit juice)*
- ❑ *2 tbs raw honey
1/8 tsp Himalayan pink salt*

Earaches

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- ❑ **Hydration** (again) is key
- ❑ Take note **normally antibiotics are not needed with ear infections**, ask your ND,MD for more advice.
- ❑ **Heat** can help ease the pain quickly when your little one is suffering. Always test the heating pad or hot pack on your face or chest before putting it near your child's face. Lay the heat pack on a comfy pillow or sofa and have them lie down (painful ear down) on the heat. This is usually a quick way to help bring relief!
- ❑ **Organic Mullein garlic drops for kids** can help ease pain and kill infection. Follow instruction on the bottle, (normally placing a few drops in the ear then placing cotton in the ear while your child lies with the ear up for approximately 15 min)
- ❑ **Essential oils** can be used around the back of the ear to help relieve pain and assist with the healing process. (Lavender, melaleuca, helichrysum, eucalyptus, and peppermint) dilute 50/50 with warm olive or fractionated coconut oil, place on a cotton ball and wipe gently around and behind the ear.

Owie's (burns, scrapes, bruises)

- ❑ **Arnica homeopathic** works wonders for bumps and bruises. Give a few of the pellets under their tongue and let them dissolve. Wait a few moments (kids usually love them; they taste sweet) **Calendula oil** has anti-inflammatory, antiseptic and antifungal properties and is great to use on minor cuts, bruises, burns and skin rashes. You can purchase calendula as an oil, cream, lotion or salve and can apply it liberally to the affected area.
- ❑ **Lavender oil** diluted with a carrier oil can pull the heat out of minor burns and help to avoid blisters and scarring.
- ❑ **Goldenseal Powder** is antibacterial and antimicrobial. Sprinkle this directly on to scrape, or pack into cuts.

We hope you find these tips helpful! If symptoms last or worsen, contact your physician right away.



We have a Naturopathic Dr. that is available for your entire family. Please reach out with any other further questions or concerns.

The Tourmaline Collective Team

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