

Using Herbs with Children



2



Sneaky Herbalism and Sick Kids

01

It can be hard to get herbs into kids when they are sick.

02

But there are sneaky ways to get around their natural reluctance when they are sick.



03

Younger children may need some coaxing to take herbs if they don't normally see them in the house.



Herbs and Children -- Lesson 2

In This Lesson, we'll cover:

- ✓ Ways to get children to take herbs
- ✓ Childhood illness and herbs
- ✓ Keep a childhood health journal
- ✓ When to see a doctor



Sneaky ways to get herbs into children

“Let your food be your medicine” is the first rule when trying to sneak herbs into sick kids.

Use their favorite foods to entice them to eat.



Use herbal tea instead of water, to make Jello. This is especially successful with nutritive herbs like nettles, burdock, dandelion or any of the mint family herbs.



Use ground herbs in hummus, nut butter, pesto, or yogurt.



Make energy balls with nut butters and herbs.



Popsicles and Ices

Use standard brews instead of juice or water in popsicles and ices.

These can be helpful for sore throat, swollen lymph nodes, and strep infection.

Chicken soup



Many herbs can be added to chicken soup to help with healing. Even alone, chicken soup is very supportive of healing being naturally anti-inflammatory, diaphoretic, and analgesic.

Herbs for Childhood Illness



Fever

Many childhood illnesses begin with a fever. A fever is the body's way of clearing out toxins, bacteria, and viruses. Any fever under 103F is doing its job. The child will feel irritable but its not dangerous.

Avoid OTC fever medication like aspirin and tylenol. They have adverse effects that are worse than the fever.

Prevent dehydration with tea, soup, and other fluids.



Fever

If the fever goes to 103F or higher it can be brought down by using body temperature enemas with herbal teas like catnip, lemon balm.

Enemas can also be used to prevent dehydration, if a child is vomiting.



Fever

Prevent the child from becoming chilled.



Measles

Aurevedic and TCM practitioners consider measles a strengthening and purifying illness. According to traditional practice the body's effort to eliminate toxins and heat should be encouraged and supported.

The time between exposure and symptoms to appear is 10 to 15 days. A child should be kept home if they have been exposed to measles and treatment started immediately.

Nourishing broths and soup, seasonal fruits and vegetables, and soupy grains will nourish and strengthen the body and help to prevent complications.

Herbal Recommendations:

Tea:

♥Elderblossoms, spearmint, calendula

♥Lemon Balm, catnip, licorice root, elderflowers, marshmallow

♥Burdock root, peppermint

♥Lemon Balm, spearmint

Herbal Recommendations:

Tincture:

♥Echinacea - 5 drops per 10 lbs body weight, 4 to 6 times per day

♥Astragalus – 10 to 30 drops of astragalus, 3 to 4 times a day

♥Burdock root, peppermint

♥Lemon Balm, spearmint

Herbal Recommendations:

Herbal Baths to comfort a feverish child:

2 ounces any combination:

♥Calendula, thyme, marshmallow root, burdock root, chickweed, lemon balm, plantain, ginger root.



Mumps

Focus on reducing glandular inflammation

Nourishing broths, herbal tea, fruit and vegetable juices, porridge and other soft nourishing foods. Avoid milk products which can increase mucus.

Herbal Recommendations:

Tinctures:

Burdock, dandelion root, cleavers, and calendula in equal portions. Give 30 to 60 drops, 4 to 6 times a day.

Echinacea, 20 to 60 drops, 4 times a day

Vitamin C, 500 mg. 4 to 6 times a day

Herbal Recommendations:

Herbal infusions (any combination):

Red clover, calendula, cleavers, chamomile,
catnip, thyme, garlic

Herbal Recommendations:

Herbal compress (Warm. Applied to the neck and jaw):

Calendula, chamomile, catnip



Chicken Pox

Nervines like skullcap, chamomile, catnip, and lemon balm can relieve the irritability, itching, and inflammation.

Herbal baths can relieve the inflammation and irritation.

A sock filled with oatmeal and added to the bath can temporarily relieve the itching. Oats are emollient.

A poultice, made with clay and a few drops of herbal tea or a hydrosol, is helpful to relieve the itching and dry the sores. Some helpful hydrosols include chamomile, rose, and lavender. An older child can dab their own spots with a clean cotton ball, giving them something active they can do to help themselves.



Scarlet Fever/Strep Throat

Both of these are caused by streptococcus bacteria which naturally resides in the mouth and throat. They only become dis-ease when the body is fatigued and the immune system is weakened.

A light diet of warm tea and broth

Herbal interventions for sore throat and immune support

Rest

Salt water gargle (1/2 cup warm water; 1/2 teaspoon sea salt;
1/2 ml golden seal or myrrh tincture)

Herbal Recommendations:

Echinacea tincture: 5 drops per 10 pounds body weight, every 4 hours

500 to 1000 mg vitamin C

3 to 20 drops of golden seal tincture (based on age)

Herbal Recommendations:

Raw garlic is essential

Mince and mix with honey. Give the child 1 garlic clove every 4 hours.

Thyme tea – standard infusion, sweeten with honey

Chamomile, lemon balm, marshmallow tea

Colds and flu



- Rest up to 2 weeks
- Light foods, nourishing broth, herbal teas
- Elderberry, Vitamin C, D, Zinc

Herbal Recommendations



- Elderberry, Vitamin C, D, Zinc
- Chamomile, lemon balm, catnip
- Echinacea tincture – 5 drops per 10 pounds body weight, every 2 to 4 hours.

Herbal Recommendations

Tincture for cold and flu

- 1 part each: echinacea, thyme, lemon balm,
- ½ part each: elderflower, elderberry, calendula, anise seed.



Keep a Childhood Health Journal



A child health journal is a place to record, symptoms, herbs given, temperature and OTC medications used.

By recording the information you ensure that you have it at your fingertips should your child need to visit a doctor or hospital emergency room.

Since herbs and OTC medication can interact with prescription drugs, its important to have an accurate account of everything your child has received while they are sick.



Keeping accurate records can also help your doctor make an accurate diagnosis, and rule out other diagnosis.

What to include:

Child's name, age, weight

Time of onset of symptoms or exposure

What you fed the child

What herbs or OTC meds you gave her and how you gave it to her
(tea, tincture, enema etc.)

Changes in symptoms, temperature ,

Most troubling symptoms (cough, breathing)

When to Call the Doctor



If the child's temperature rises to 104F or more or a temperature of 103F that won't come down with natural remedies

If the child is dehydrated and can't keep down any fluids.

If the child has trouble breathing, has signs of serious infection, loses consciousness, severe allergy symptoms, bleeding that won't stop, serious accidental injury, head injury

If the child is nonverbal and can't tell you what's wrong, but you have a gut feeling that something is wrong.

If you don't see any improvement in two or three days with home remedies

If you are concerned at all and feel you can't handle things.

Herbs and Children -- Lesson 2

In This Lesson, You Learned:

- ✓ Ways to get children to take herbs
- ✓ Childhood illness and herbs
- ✓ Keep a childhood health journal
- ✓ When to see a doctor

Lesson 3 preview

In the next lesson you'll learn:

- Food as medicine
- Herbs for Growing Pains
- Herbs for Childhood Dental Health