

BABY CARE

(The herbal and supplemental treatments described below are best done under naturopathic supervision.

If you are unsure about any aspect of your baby's health, a naturopath or doctor should be consulted).

- **Colic**

Remedies to prevent and treat colic include: massage, breastfeed with baby held in an upright position, elevating the head of the cot/bassinette (phone books or bricks work well), herbal teas drunk freely by the mother (chamomile, fennel, cloves, cinnamon), weak fennel tea directly to baby in a dropper (2ml 3x day), fennel tea in bath water, warm compresses over abdomen, baby specific lactobacilli applied to nipple.

- **Excessive crying**

Baby may cry due to hunger, insecurity, boredom, tiredness, being uncomfortable or pain. Herbal remedies to promote calm can be transferred to baby via breast milk. Herbal teas such as chamomile or liquid herbs prescribed by a naturopath are ideal. Rescue Remedy (a drop or two under tongue) can be given directly and safely to baby. Lavender oil in a burner or vapouriser in baby's room. Stress relief for the mother is also very important.

- **Eczema**

Treatments include baby specific lactobacilli (*Bifidobacterium Infantis*), consumption of omega 3 oils (especially EPA) directly to baby and mother. Reduction of potential allergenic foods by the mother, in addition to avoiding any foods the mother is herself sensitive to is very important. Eczema can also be caused by contact dermatitis and it may be useful to change or eliminate bath products, washing powder, parents perfume etc.

- **Oral Thrush**

If baby has a white/yellow coating on the tongue and inner mouth which is more than milk residue, they may have oral thrush. If so, baby may also have a red, flaky rash on their bottom, neck, thigh and armpit folds.

Thrush (or Candida) can transfer to the mother's nipples and cause problems with feeding so it is important to treat it quickly. This can be done by:

- Keeping breasts clean and dry
- Keep baby's rashes dry with Slippery Elm powder.
- Clean baby's mouth out with an infusion of Calendula flowers. Dip a clean cloth or cotton bud into infusion and gently clean inside mouth before and after each feed.
- Apply a baby specific lactobacilli to breast just prior to feed twice a day and let baby suck it off.
- Be very strict with hygiene. Wash hands and breasts after each feed.