

*A Parents quick & Easy
Guide*

On

*How to Treat and prevent
Coughs and Colds for
Children 6 Months & up*

Safety First

This guide is for the prevention and treatment of acute colds and coughs. It is very important to know when you should contact your doctor. If your child is very irritable, confused, lethargic (doesn't easily wake up), has difficulty breathing, has a rapid and weak pulse, is refusing to eat or drink, is still ill-appearing even after a fever is brought down, has a severe headache or other specific complaint (burning with urination, ear pain, if he is limping, etc.), or if he has a fever and it is persistent for more than 24 to 48 hours and is not brought down even when using over the counter medications such as Tylenol or Advil, then you should call your pediatrician or seek medical attention immediately.

Allergies

When exposing your child to a new substance it is important to make sure that they don't have an allergic reaction.

Common allergy symptoms include itching, swelling, hives, abdominal pain, diarrhea, nausea and vomiting and shortness of breath.

Teas - give only one teaspoon and wait two hours, and then if there are no allergic reactions begin treatment.

Topical oils - before using on larger areas of skin place a small amount on the inside part of the elbow and make sure the skin doesn't become red and irritated after fifteen minutes.

Treatment Using Common Household Items (for wet and dry coughs)

Three step processes for treating coughs with stuff you might have in your house.

- 1- Humidify the air
- 2- Apply onion compress
- 3- Give herbal tea

Humidify the air (good for both wet and dry coughs)

The best way to do this is with a store bought humidifier (either hot or cold). But if you don't have one yet you can humidify the air in a room with steaming pots of water. Choose a small room so that it will be easiest to fill with steam. Heat two pots of water on the stove and keep rotating them from the stove to your steam room. **Make sure the pots are in a safe place so the child can't get burnt.** Also if you can have the child play in the bathroom and run the shower on the hottest setting you can steam up the bath room very quickly.

The longer they are in the steamed room the better. To bring the steaming pots into the room when child is sleeping is also helpful.

Onion Compress (good for dry and wet coughs)

Dice up an onion and place inside a towel that was soaked in very hot water. As soon as the towel is cool enough to be placed on the child's skin place on their bare chest with a hot water bottle on top of it to keep warm and cover the child with a blanket for as long as they are comfortable. If your child is like any of mine they will not sit still for very long if at all. So what I do is do this while in the steam room and rub the onion towel compress on their chest as much as I can while chasing them around.

Herbal Tea

For a dry cough use chamomile or mint (none caffeinated). Chamomile is the preferred choice but if you don't have mint will help also.

For a wet cough use thyme spice

If you are using loose herbs for the chamomile or mint add one tea spoon to one cup of boiling water. For the thyme use only a half a teaspoon to one cup of boiling water. If you are using tea bags just use one tea bag per cup. Cover the cup after adding the tea and water and let it sit for five to ten minutes. Strain out the herb or take out the tea bag. Add one teaspoon of honey **but only if the child is over one year old - never give honey to children under a year old.** Otherwise add a teaspoon of cane sugar or maple syrup.

Give the child to drink twice a day.

What to Buy At the Drug Store or Health Food Store

First off you need to buy a humidifier if don't have one already and keep in the child's room so that the air stays well humidified.

It would be best if you can get to a well stocked health food store where you can purchase fifty gram bags (or weight measurement close to that) of the following six herbs.

- 1- Chamomile
- 2- Linden
- 3- Yarrow
- 4- Elder flower
- 5- Elder berry
- 6- Catnip

If you can only make it to a pharmacy buy a bottle of black elderberry syrup with all natural ingredients and follow the instructions on the bottle for both treatment and prevention.

Also you should purchase 20ml of lavender and Raven Sara essential oils. For base oil you should get a small bottle of almond oil. If they don't have Raven Sara oil you should ask if they have Eucalyptus **Radiata**. If they only have Eucalyptus Globules and you are treating a child under a year old just get Tea Tree oil which I am sure they will have. If the child is one year or older you can use the Eucalyptus Globules.

Extras - if the child has a really bad cough and does not take medications for diabetes, you can also buy some Liquorice Root to make to formula more effective. **Liquorice Root should not be taken for longer then two months without a brake of at least three weeks.**

Add Bergamot oil to the oils to help the child sleep better.

What do you do with all this when you get home?

Prepare a strong tea by adding one teaspoon of each, from the six different herbs, to one cup of boiling water. Cover the cup and let it sit for five to ten

minutes. Then strain out the herbs and dissolve two tablespoons of honey (if the child is over one year) or cane sugar.

When using the liquorice root boil one heaping tbsp of liquorice root in two cups of water and then use one cup of the boiling hot tea instead of the boiling water to add the other herbs to.

Dosage

Age	Prevention	Treatment
6 months -1 year	1 tsp per day	2 or 3 tsp per day
1-2 years	2 tsp per day	1 tbsp twice a day
2-4 years	2 tbsp per day	2 tbsp twice a day
4-8 years	3 tbsp per day	3 tbsp twice a day
8-12 years	4 tbsp per day	4 tbsp twice a day
12 years and up	¼ cup per day	¼ cup twice a day

With the oils you add 7 drops from each of the oils to one teaspoon of almond oil and mix well. Then rub vigorously on the chest and upper back twice a day, once in the morning and once in the evening after showering.

Don't forget to check for allergic reactions

If you have allergic reactions to the tea then try to make it without the chamomile and linden. Instead add one extra tsp of elder flower and elder berry.

These treatments are just as effective for adults so make sure to stay healthy yourself.

Also look online to buy any herbs or oils that you can't find in the store.

Take care and be well and remember always that

Right Now Is The Best Time Ever

