

How to support a child who is unwell

How can we best support our children through acute illness?

Minimise:

Let's look at ways that we can eliminate or decrease the toxic accumulation in our children's bodies:

We can start to pull the plug on putting inflammatory materials into our children's bodies in the first place. We would then reduce the stress on the body, which would allow their immune and nervous system to eliminate the wastes naturally, easily, and safely.

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Less stimulation and less toxic material into the body, will allow the child the space to fully rest and therefore allow for adequate elimination.

- Talk less
- Eat less
- Do less.
- Drink more
- Sleep more
- Breathe more
- Rest more.

It is up to us as the parents, the care givers to provide a safe space for our children to heal and recuperate.

1. Provide a safe and comfortable environment for your child to process the illness.
2. Stop the rush/take time off work and school, and encourage your child to rest
3. Encourage plenty of fluids, this aids the body's ability to detox, filtered water, bone broth, fresh pressed juices, herbal teas, coconut water.
4. Reduce activity levels, keep the energy in the home, calm and peaceful: turn off the tv, turn down the lights, play peaceful music, read stories.
5. Warm baths in Epsoms salts are soothing and aid detoxification (be mindful of cool drafts when getting out and changed)
6. Stay with your child as much as possible, your presence is comforting to the nervous system.
7. Don't worry about your child not eating. A decrease in appetite shows how intelligent the body is. Digestion of food is incredibly taxing, and energy is needed elsewhere in the body for healing.
8. When the child does eat, focus on nutrient dense whole food. Minimize sugar, flour, processed dairy, corn, msg.
9. Real resolution of illness often takes longer than we think. The more patience you have, the more closely you observe your child, and the more effectively you remove the stressors in your child's environment, the greater you will impact the length of recovery.

Make the first day your child feels better, a slow day. Stay home, rest, encourage good eating and hydration, make sure that the symptoms of illness have resolved.

Diet Support:



- Reducing or eliminating overly processed dairy and grain products makes a huge difference in lowering exposure to inflammation.
- Assessing a breastfeeding mum's diet will help with young babies too.
- Foods with preservatives, colourants/dyes and flavour enhancers can also cause an excess mucus reaction and should be avoided as best possible.
- Try to eliminate Fast foods, overly processed and refined grains.
- Work to increase your child's exposure to organic, seasonal fruit and vegetables

Foods to focus on when the child is unwell:

- Offer warm herbal teas
- Fresh pressed fruit juices
- Warm bone broths and vegetable-based soups

