Little Hearts, Big Feelings: Homeopathy for Depression in Children

Due to the technical difficulties of this week's Monday Night Live on January 19, 2026, I will present the information on parasites in a blog post – as promised – next week, Sunday, February 1. Stay tuned!

Imagine my surprise when the most-searched-for subject over the Christmas holiday was on homeopathy for depression in children.

Thanks to the miracle of modern technology, my team and I are able to view the most-searched-for topics on my websites. This helps me hone my content messaging to be sure I'm teaching the

subjects that are uppermost in your mind.

My friends, I am flummoxed that this search was so popular. I can't imagine a child being depressed over the holidays. For a child to be depressed in our developed nations is just inconceivable, yet, apparently, here we are.

Depression in general

First of all, let me remind you that a homeopathic medicine or protocol, historically proven to address a specific condition, is the same across the board – whether the sufferer is an adult in their prime, an elderly adult, a child, or an emu. It matters not.

So, the homeopathic medicines we've previously discussed here in the blog – while focused on adults – would be equally efficacious for children and our elders. (I'm not sure that an emu gets depressed, but if it did …)

Depending on the situation, one of these blog posts may come in handy for a depressed child:

- For overwhelming depression and fatigue – Homeopathy Can Spoil a Girl: Medicine for Depression
- For homesickness – Homeopathy for Homesickness: Gentle, Natural Relief When Kids Travel Away From Home
- For depression after a tragedy – Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene
- For failures at school – The Emotional Toll of Business Reversals
- For extended grief – Coping With Grief at Christmas
- For depression due to fear and foreboding – Psychological Protection

An extrinsic culprit

I'm happy to say that I have never consulted a depressed child as a client. However, due to the aforementioned heavy search

traffic, this is apparently a concern for my readers. So, before we get to another homeopathic consideration, let's look at a potential common culprit: diet.

The food we put into our bodies is incredibly important. I'm really trying not to evoke the old saw, "You are what you eat," but it's true!

Perhaps the depressed child is simply not eating enough nutritional, homemade, genuine food. Keeping in mind that I am not a nutritionist, it seems like common sense that a child with a diet containing sweets may be affected by all that sugar. A sugar high can disguise itself as hyperactivity, and the subsequent sugar crash can masquerade as being down in the dumps.

So, even though they're ubiquitous, I would personally cut out sweets.

I'd also dump the cereal and skim milk for breakfast, and instead, turn to bacon and eggs. For lunch? No more PB&Js. Instead, think of a lamb burger patty. For dinner, how about roast chicken – skin and all – with a little rice and plenty of butter?

You see, no matter what the trendy diet du jour espouses, foods containing vitamins A, D and E, as well as high-quality saturated fats, help nourish a growing body much more than canned tomato soup and corn chips.

And while we're at it, limit time on the electronic devices and get the kids out into the fresh air and sunshine.

These little adjustments are worth a try and may very well turn the child's mood around.

Homeopathy for growing children

However, if depression continues to deepen, homeopathy is here to help. If none of the previously mentioned blog posts strike a chord, one might consider a general homeopathic medicine that's clinically shown to help children who are just "off."

Yes. I know that "off" is a very undefinable term, but I think mothers and fathers will know what I mean. Is the depressed child's sleep off? Is their growth off? Is their development just not moving along as expected? Are they worrying excessively? Are they experiencing growth pains (especially in their legs)?

If so, consider *Calc phos* 6X, twice daily. Read up on the keynotes of this sweeping homeopathic cell salt in a *materia medica*. (If you're looking for a foundational, introductory materia medica instead of the professional version, I wrote *A Materia Medica*: Practical Homeopathy® for Busy Families just for you, in plain language with memorable stories.)

Calc phos 6X has been shown to right the ship of our youngsters' growing bodies, allowing everything else – even emotional conditions – to fall more easily into place. Again, it's generally utilized twice daily until a turn is observed. Then, as with any homeopathic medicine, we halt. If needed

again later, we can always recommence.

Should your child's depression be more stubborn, I urge you to consider my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions. In fact, download my free infographic for a few "tips of the iceberg" in addressing emotional issues.

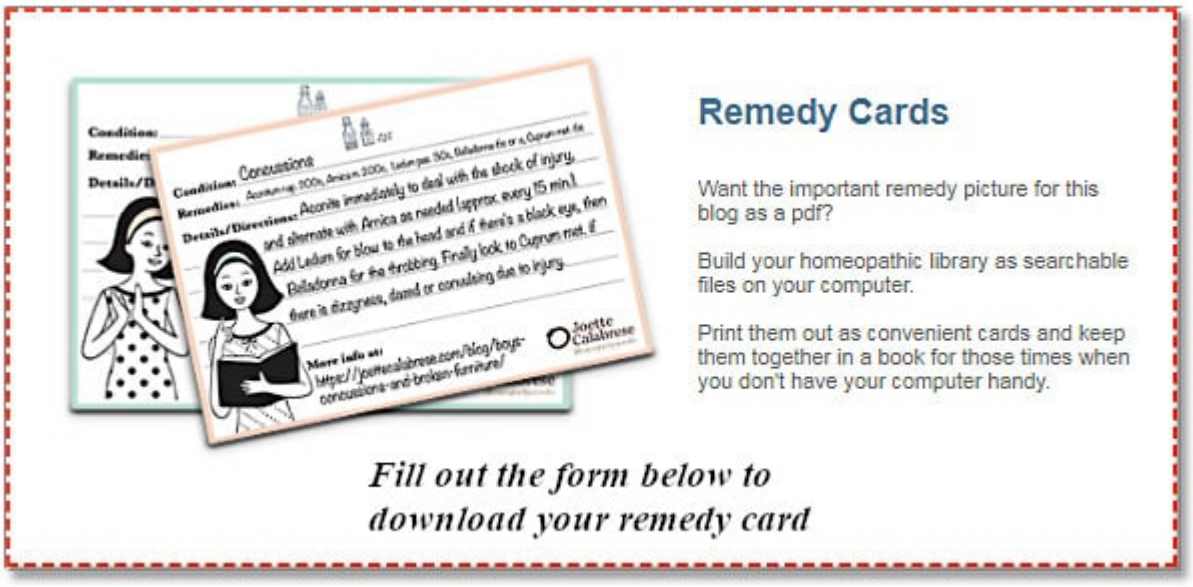
Let's let our kids be kids. They'll be adults soon enough. If we teach them how to use homeopathy now, they'll be ready for anything life can throw at them when they grow up.

Pass on the good news of Practical Homeopathy®!

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Warmly,

P.S. Remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases, such as Mindful Homeopathy. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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