The Sound of Silence



Do you hear that? Soft and quiet… It's the velvety sound of a baby sleeping peacefully. But it wasn't like that earlier tonight or any night this week, for that matter.

Until Mom found the correct remedy, this now peaceful bambino was a screaming, back-arching bundle of nerves. No amount of rocking, feeding or cuddling did the trick.

That's when this mom turned to her homeopathy notes.

Prescribing for babies really teaches us to hone our powers of observation. Because they can't tell us their mental symptoms, we have to be attuned to the clues they give us. How does your baby's cry differ when she is angry versus when she feels scared? Can you decipher an inciting cause for her distress?

The next time you're in this upsetting situation, take a look at the following remedy pictures and choose the one that best fits your unhappy babe. Relax. You can do this, and you will get better and better at it as you practice.

Chamomilla 30

This is the number one remedy for teething, back-arching, irritable, fussy babies. I could actually stop here, and it would likely fix 80% of the cases. Be sure to check the baby's gums. If there is any evidence of teething, it's even more likely a call for *Chamomilla*.

A baby who needs *Chamomilla* is easily identified by her fractious emotional state. She may act as if she wants you to comfort her, but when you try to, she pushes back from you angrily. She is likely restless and seems as if she cannot get comfortable in any position. Pain is marked in *Chamomilla,* so this remedy is also well indicated for the pain of colic.

***Borax* 30**

Consider this remedy if your baby seems especially anxious and clingy, especially at night. He will often start crying as soon as he is put down, even if asleep. These babies' screams tend to come on especially strong when they are asleep as if waking suddenly from a bad dream. Passing a stool also tends to cause these babies to become very irritable and cry, but their mood generally improves once the bowel movement is completed.

***Pulsatilla* 30**

Babies needing this remedy can be identified by their clingy emotional state. They are often weepy and desire to be held and comforted, but this comforting does not soothe them. These babies may weep piteously if they are not carried constantly. Although their lips and mouth may be dry, they do not tend to be thirsty.

***Lycopodium* 30**

The *Lycopodium* baby, like the *Lycopodium* adult, can be difficult to deal with. Extreme anger points toward this remedy. The baby may throw tantrums, kicking and screaming if he does not get what he wants. Often these fits come on after waking in the morning or from a nap.

The best method I know is to give a dose of your chosen remedy four times in one day and note any changes that occur. If the mood improves, stop. You're likely to find

that the remedy will repeat its action should this occur again in the future. However, you may also find that the problem will often not return again at all because the pathology has been uprooted.

That’s the way homeopathy works; it doesn’t treat symptoms, it uproots them.

And that’s the sweet sound of relief for both of you.

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