

Put Your Kids to Bed: 4 Remarkable Homeopathic Remedies for Getting Kids to Sleep Through the Night



Happy Mother's Day to all moms and grandmoms. In honor of the day, homeopathy would like to give you a special gift: a good night's sleep for both you and your child.

"IT'S TIME FOR BED!!!"

Yes, that's in all caps. I bet every mom (and dad) has yelled that phrase at one time or another (even if the raised voice only occurs in their head). Nothing can be more frustrating than a child who won't simmer down and go to sleep.

Unless, of course, it's the child who wakes up a few hours after going down, forcing you to perform their entire nighttime ritual all over again in the middle of the night.

Don't fret, parents! Practical Homeopathy® has your back. We've got this.

Childhood Sleep Issues

Insomnia in children can often be different from insomnia in adults. We grown-ups have a lot on our minds that can keep us awake. Babies and even some toddlers are just beginning to develop their circadian rhythms and are not consciously awake because of a big meeting in the morning or a growing list of to-dos. Indeed, they just need a little nudge in the right direction.

Let's examine four different scenarios of bedtime difficulties and four different homeopathic medicines that can bring order to bedtime chaos.



1. *Chamomilla* 200C

For the fractious, irritable child, [*Chamomilla* 200C](#) (employed twice daily until very much better) has historically been shown to calm the child, allowing them to fall asleep more readily when bedtime rolls around.

This child may be particularly sensitive to pain. Consequently, *Chamomilla* would be a first consideration if the child is teething. If none of these keynotes exist, then *Chamomilla* is probably not the correct remedy.



2. *Nux vomica* 30C

Sleep issues can often arise in children who have been exposed to conventional meds. Even if the child has not been subjected to their own OTC drugs or prescriptions, the pharmaceuticals used during pregnancy and delivery can also have a lasting effect on the unborn child.

[*Nux vomica* 30C](#) (employed twice daily until very much better) can help clear out those problems caused by exposure to meds. Other keynotes to watch for (aside from difficulty getting to sleep) might include waking between 2-4 a.m., a short temper, and, perhaps, constipation.



3. *Coffea cruda* 200C

Coffea is another homeopathic remedy to consider for overstimulation from meds. However, the overall picture is slightly different. The child can go to sleep initially, but wakes up. Goes back to sleep, then wakes up. Over and over. It's not that they can't go to sleep; they just can't stay asleep.

If the child is nursing, this pattern can also result from Mom drinking coffee, eating chocolate or other stimulating substances. This child will appear busy, busy, busy during the day, and perhaps a bit nervous or anxious. Unlike the other remedies discussed here, [*Coffea* 200C](#) would be utilized once a day, before bed.



4. *Pulsatilla nigricans* 200C

This child is sweet, yet can be described as clingy and maybe even needy. At night, she wakes up feeling forsaken. “Where is everybody? Why am I all alone? Where’d everyone go?” This child needs affection and attention, so bedtime is difficult for them.

Don’t read too much into this, but if this sounds like what you’re witnessing, [Pulsatilla 200C](https://www.joettecalabrese.com/pulsatilla-200c) (used twice daily until very much better) can ease the child’s separation anxiety, allowing them to sleep through the night in their own bed with comfort.

General Insomnia

None of these are specific protocols. Yet, I have successfully called on them in my practice for decades and with my own children when they were young.

Sleep is restorative for both the child and the parents. When one can’t sleep, neither can the other. Homeopathy can gently and politely get your kids to sleep – and stay asleep – turning your nights into a more productive pattern for everyone in the household.

In case you’re wondering, I’ve written in the past about

general insomnia in adults. These previous articles may come in handy for adults in your household or older children and teens with more specific symptoms than little ones.

[Ditch the Drugs and Use Homeopathy for Insomnia](#)
[Counting Sheep? Try Homeopathy](#)
[Elusive Sleep? Zzzzzzzzzz.](#)

Get everyone safely tucked into bed and have a good night's sleep. Tomorrow, pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'G. L. L.' or similar, with a large loop at the end.

P.S. To help you decide between different potential homeopathic medicines for sleep or any other condition, I highly recommend owning a *materia medica*. A professional, comprehensive *materia medica* can sometimes be too much for families to deal with in the middle of the night when the baby's screaming and you're exhausted.

That's why I wrote [A Materia Medica: Practical Homeopathy® for Busy Families](#). This easy-to-understand *materia medica* is written in plain talk with real-world stories and illustrations. It contains over 150 of the more commonly utilized homeopathic remedies, so you can find exactly what you need without leafing through thousands of pages.

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