

# Natural First Aid For Kids That Preppers Should Know

Do you have an [alternative medicine cabinet](#) ready for your kids? Would you be able to fix up their wounds and heal their common sicknesses if you couldn't make it to the doctor?

If [you have kids](#), this is an essential area for emergency preparedness. The day may come when you can't just head to the store and pick up another bottle of acetaminophen.

You'll have to have a plan in place, because kids [get hurt](#) frequently. They're also prone to sickness. To help them feel better, there are plenty of [natural remedies](#) to use.

But first, let's take care of some precautionary information:

## A Child's Dosage

Unlike those bottles at the pharmacy, natural remedies don't always feature a dosage chart for children. Overdosing on any medication, even a natural one, can be dangerous. Don't give your child an adult-sized dose.

Instead, you'll need to calculate the percentage of the adult dose to give to your child. It's based on age. Here's a simple way to do the calculations using long division and multiplication:

1. How old will your child be at his next birthday?
2. Divide that number by 24.
3. Round to the first decimal place
4. Multiply that number by the adult dose.

Here's an example:

1. 7

2.  $7/24 = .291$
3. .291 rounded to the first decimal place is .3
4. That means a 7 year old would get 30% of an adult dose.  
If the adult dose was 5ml (1 tsp) this child would need 1.5ml.

The older your child is, the closer to an adult dose he'll need. If you're treating a baby and you're breastfeeding, you can take the remedy yourself and pass it through your milk.

## Storage of Natural Remedies

Light and heat should be kept away from your remedy supply. A dark glass bottle, stored in a cool part of the home is a great storage solution.

You'll also want to make sure your remedies are inaccessible to children. If you don't have a high shelf ready, consider using a lock-box. That way curious little hands can't accidentally overdose.

## Honey & Babies

Some of these remedies use honey. [Honey](#) isn't appropriate to give to a child younger than a year old, so avoid these treatments with babies.

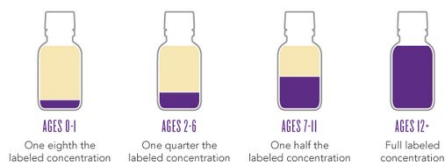


## ESSENTIAL OILS in the Nursery

Loving essential oils means that you want to share them with the whole family—right down to young children and babies! Essential oils can be a fantastic resource for supporting the comfort of your littlest ones, but it's important to remember that babies' systems are highly sensitive and some very specific safety guidelines apply. Here's what you need to know!

### DILUTION

Dilute essential oils heavily in a moisturizing carrier oil such as V-6™ Vegetable Oil Complex to nourish baby's skin while minimizing irritation. Recommended dilution differs based on age:



### GENERAL SAFETY GUIDELINES



- Our oils are strong; ingestion is not recommended for infants.
- Babies are sensitive; diffuse fewer drops than you typically would.
- With every new essential oil, dilute heavily and spot test for a reaction on baby's arm or leg.
- Make the bath a safe splash zone; avoid adding essential oils to baths to protect eyes and tummies.
- Simply wearing the oils will help baby get used to them.

### ESSENTIAL OILS TO AVOID

The following essential oils can be dangerous to a baby's sensitive system. Avoid using these oils or blends that contain them for your infant:

- Idaho Tansy
- Blue Tansy
- Hyssop
- Sage
- Clary Sage
- Wintergreen
- Peppermint
- Eucalyptus



Have additional questions about using essential oils with your little one? Be sure to talk with your health care professional for personalized guidance.

*What are your safe, go-to essential oils for babies?  
Let us know in the comments!*

\*While some essential oils in this list may appear in our KidScents line, please note that they are formulated for children and are well diluted. For use with infants and very young children, we recommend additional dilution.

# Natural First Aid for Children: Wound Care

Since their bodies are constantly growing and changing, children tend to be a bit clumsy. They bang into things and fall frequently. Bruises, cuts, and scrapes are common wounds you'll have to tend.

With [open wounds](#), infection is a primary concern. Keep the wound clean and dry. Bandages or strips of cloth help. Rather than using store-bought antibiotic ointment, try these natural alternatives before you cover the wound.

## Witch Hazel

Take time to stock up on witch hazel. It's typically found by the hydrogen peroxide and rubbing alcohol at the store. Store-bought witch hazel contains isopropyl alcohol, helping it to clean wounds completely.

It also forms a protective barrier, which promotes healing. It will sting though, so you might want to warn your little one before you squirt it on.

## Sage Honey

Raw honey has antibacterial properties. It's beneficial all on its own, but when combined with sage and left to age, you'll have an even stronger antibacterial ointment. This treatment is also simple to prepare, especially if you grow your own sage. It'll also last in your cupboard for a long time.

To prepare the sage honey:

- Take a small glass canning jar, and loosely add chopped sage leaves. You want to fill the jar, but not pack the leaves down.
- Next, pour raw honey over the top. It'll cover the

leaves and fill up the jar completely.

- Then, put a lid on the jar and leave it to rest. You'll want it to sit at room temperature for at least 24 hours before you use it. Over time, it'll become even stronger.

If desired, you can remove the leaves in 4 weeks. It'll make it a bit easier to rub onto wounds, and a bit more child friendly.

Sage honey is easy to use, and safe for children. You just apply a small amount to the top of the wound.

## **Lavender Oil Rub**

Lavender oil [helps reduce pain](#) and prevent infection, making it the perfect go-to flower for small cuts. If you already have essential oil, you'll want to dilute it with a carrier oil. Olive oil and coconut oil both work well. If you need to make the oil, [this Survivopedia article](#) can help.

A ratio of 10 drops of essential oil to 1 ounce of carrier oil is appropriate. For children, it's important to ensure essential oils are properly diluted before use. Never apply them full-strength.

To prepare the lavender oil rub:

- Measure your carrier oil into a dark container.
- Add your essential oil.
- Mix thoroughly.

You can either rub a small amount of the lavender oil rub directly onto the wound, or you can soak a cloth in the prepared oil. You can then use the soaked cloth as a compress, wrapping it around the sore.

# **Plantain**

Plantain is common in many parts of the world. It's also an astringent, which helps slow and stop bleeding. If you're out in the woods and need an immediate remedy, chew on a few plantain leaves. Then, use those chewed leaves to cover the wound.

It'll help the bleeding stop while you get back to the rest of your medical supplies. Teach your children to recognize this important plant, and how to chew it. If they're on their own and injured, it's a safe first-aid remedy they can use on their own.

# **Arnica**

Arnica helps reduce swelling. It's a helpful herb for bruises and bumps. If you're able to stock up on homeopathic arnica pellets, you'll help get your natural first-aid kit ready. You can also create your own cream to use topically.

This is how to make an arnica cream:

- After harvesting arnica, you'll want to dry the plant completely. Then, it's time to turn it into an infused oil.
- You'll need a carrier oil to use for your base. Coconut oil, olive oil, and almond oil are common base oils.
- Fill a clean jar loosely with chopped, dried arnica. Then, cover the arnica with carrier oil, and put a lid on the jar.
- You'll want this oil to sit in a warm, sunny spot for two weeks. After the time passes, strain out the arnica using cheese cloth. Throw out the used herbs.
- Your oil isn't yet ready to turn into cream. It needs another batch of dried arnica added. Just add it directly to the oil in the jar. Leave this covered for another two weeks, and then strain out the herbs for a

second time.

- Once you've finished the oil, you can measure it into a sauce pan. For every cup of oil, you'll want to add  $\frac{1}{4}$  cup of grated beeswax.
- Heat this mixture over low heat until the beeswax completely melts. Take it off the heat, and transfer it to a small jar for storage.

Rub a small amount on bumps and bruises to promote healing.



# kid-safe BUG SPRAY

ONEssentialCOMMUNITY.com

for kids age 3+

to a 4 oz spray bottle add...

2 oz witch hazel

2 oz distilled water

10 drops lavender essential oil

10 drops lemon eucalyptus

shake well before each use  
spray on clothes & exposed skin  
reapply as often as needed



# Natural Remedies for Coughs & Colds & Earaches

In addition to bumps and bruises, children are prone to colds and upper respiratory infections. Ear infections are also common. There are [natural remedies](#) for all of these ailments.

## Peppermint Tea

A cup of hot tea helps loosen congestion. The peppermint also contains menthol, which helps decongest the sinuses. If your child is too young for tea, simply smelling the steam from a cup of your tea will provide some relief.

## Warm Honey Lemonade

Honey and lemon both help soothe the throat. This is an excellent treatment for a child with a cough.

This is how to prepare the honey lemonade:

- Place  $\frac{1}{2}$  cup of honey and  $\frac{1}{2}$  cup of lemon juice in a saucepan, and gently stir as you warm over low heat.
- Once the honey and lemon have completely combined, add  $\frac{1}{2}$  gallon of warm water.
- Continue stirring until the lemonade is as warm as you'd like it to be. Then, remove from heat.

Encourage your child to drink a mug of the hot lemonade every few hours. Not only will this help with a cough, it'll also keep your little one hydrated.

## Garlic

Garlic is a powerful medicinal herb with many health benefits. If your child is getting a cough or a cold, chop up a clove of garlic finely. Your child can either eat this plain, add it to a glass of water, or you can mix it with butter and spread it

on toast. My kids prefer that method, as the butter and bread help cut some of the garlicky taste.

## **Homemade Garlic Salve for Coughs and Colds**

1. 8 cloves garlic (peeled)
2. 1/3 cup coconut oil
3. 10 drops lavender oil

Blend the ingredients together for 3 minutes, until it's a perfect whipped butter. Put it in a small jar and refrigerate for long term storage.

Rub child's chest, and rub onto the soles of his/her feet, then put socks on to keep the salve in place.

Repeat every 2-3 hours until condition improves

survivopedia.com

You can also make garlic oil that helps with earaches. Garlic oil doesn't last long without refrigeration, which means you might not want to mix up large quantities all at once. The good news is it's simple to prepare, so you can make a fresh batch each day you need it.

Here is how to make garlic oil.

- Crush a clove of fresh garlic and add it to a saucepan with a couple tablespoons of olive oil.
- Slowly heat the oil over low heat for twenty minutes.
- Strain out the garlic.

Add 2-3 drops of oil to the hurting ear. You can repeat this treatment every few hours to provide maximum pain relief.

However, if your child has a perforated ear drum, this is not an appropriate treatment. If you aren't sure if the ear drum has ruptured, use a garlic [compress](#) instead.

To make a garlic compress, soak a small piece of cloth in your garlic oil. Squeeze out the excess liquid before use. Have your child hold the garlic compress to her ear. This will provide relief, though not as quickly as the garlic oil.

In addition to earaches, you can also use a garlic compress on top of a wound to help prevent infection.

Do you heal your child naturally? Click the banner below for more ancient secrets about how to heal your body in natural ways!



**This Common Backyard Weed  
is The Most Powerful Painkiller  
(Similar to Morphine)**

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*This article has been written by **Lisa Tanner** for [Survivopedia](#).*