

How to use this document - Every section is color-coded to a category pertaining to your pregnancy journey from Fertility through Postpartum and Lactation. Products and information under “Essential” are very important for a healthy pregnancy. Products and information under “Helpful” are for suggestions for items that could be helpful if a solution to a problem is needed. Products and information under “Planning Ahead” are for items that will be useful to have on hand at the beginning of or through the next phase. **For more information, visit www.herbllore.com**

Babies & Children

Helpful

Garlic Ear Oil: Babies and children frequently get ear aches or infections. Dairy in the diet (mom’s or baby’s) is often to blame, so eliminating dairy may solve the problem. Garlic Ear Oil will also help to alleviate the pain and discomfort and help to clear any infection.

Healing Salve: Helps to soothe and clear diaper rash - a regular rash within a few hours - a bad rash within 24 hours. It also helps any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove off of their tender skin.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. If nursing is difficult, especially due to emotional upset or if you have a baby that is inconsolable, the drops can be given directly to the baby. Mom can also apply the drops to her nipples. This gives the baby a wet target to go for in the nipple. If you give the drops directly to the baby, make sure they don’t suck on the dropper (they will want to!).

Teething Tincture: Helps with the pain and discomfort of teething with it’s pain-relieving and soothing herbs. Mom and dad can also take it to help calm frayed nerves.

Tummy Tincture: Helps to ease nausea, gas, colic, reflux, and indigestion. Can aid in bowel movements. For newborns and young babies, the breastfeeding mom should take the herb which will pass to her nursing baby. If mom isn’t nursing, she can put the drops into the baby’s formula. Older babies (over 6 months old) can take the drops directly. See the Children’s Dosage Guide under Resources --> Articles & Information for dosage suggestions. Please note that this product may increase breastmilk production in nursing mothers.