

# Prepare Soothing Salves, Syrups, and Teas: A Guide to Supporting Children's Health Naturally

As parents, we all want the best for our children. This includes keeping them healthy and happy. While modern medicine has its place, there is also a growing movement towards using natural remedies to support children's health.

One way to do this is by making your own soothing salves, syrups, and teas. These remedies can be used to treat a variety of common childhood ailments, such as coughs, colds, and skin irritations.



## Herbs For Kids: Prepare Soothing Salves, Syrups, And Teas That Support Children's Health: Herbal Remedies And Children by Evelyn Farr

★★★★☆ 4.3 out of 5

Language : English  
File size : 19023 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 199 pages  
Lending : Enabled



In this article, we will provide you with recipes for three simple and effective natural remedies that you can make at home.

## **1. Soothing Salve for Skin Irritations**

This salve is perfect for treating diaper rash, eczema, and other minor skin irritations. It is made with all-natural ingredients, such as shea butter, coconut oil, and beeswax.

### **Ingredients:**

\* 1/2 cup shea butter \* 1/4 cup coconut oil \* 1/4 cup beeswax \* 10 drops lavender essential oil

### **Instructions:**

1. Combine all of the ingredients in a double boiler. 2. Heat over low heat, stirring constantly, until the ingredients are melted and well combined. 3. Remove from heat and let cool slightly. 4. Pour the salve into a small jar or container. 5. Allow the salve to cool completely before using.

**To use:** Apply a small amount of salve to the affected area and rub in gently.

## **2. Cough Syrup**

This syrup is a great way to soothe a cough. It is made with honey, ginger, and lemon, all of which have natural expectorant properties.

### **Ingredients:**

\* 1 cup honey \* 1/4 cup grated ginger \* 1/4 cup lemon juice

### **Instructions:**

1. Combine all of the ingredients in a small saucepan. 2. Heat over low heat, stirring constantly, until the honey is melted and the ingredients are well combined. 3. Remove from heat and let cool slightly. 4. Pour the syrup into a small jar or container. 5. Allow the syrup to cool completely before using.

**To use:** Give your child 1-2 teaspoons of syrup as needed to soothe a cough.

### **3. Calming Tea**

This tea is perfect for helping your child relax and fall asleep. It is made with chamomile, lavender, and valerian root, all of which have natural calming properties.

#### **Ingredients:**

\* 1 cup water \* 1 tablespoon dried chamomile flowers \* 1 tablespoon dried lavender flowers \* 1 tablespoon dried valerian root

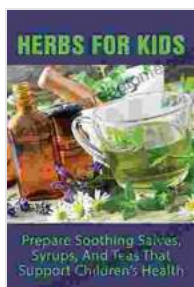
#### **Instructions:**

1. Bring the water to a boil in a small saucepan. 2. Add the chamomile, lavender, and valerian root to the boiling water. 3. Reduce heat and simmer for 10 minutes. 4. Remove from heat and let steep for 5 minutes. 5. Strain the tea into a cup. 6. Allow the tea to cool slightly before giving it to your child.

**To use:** Give your child 1-2 cups of tea before bedtime to help them relax and fall asleep.

These are just a few of the many natural remedies that you can make at home to support your child's health. By using natural ingredients, you can avoid harsh chemicals and side effects, and give your child a safe and effective way to feel better.

**Image Alt Text:** A mother is holding her sick child in her arms. She is looking down at the child with a concerned expression.



## Herbs For Kids: Prepare Soothing Salves, Syrups, And Teas That Support Children's Health: Herbal Remedies And Children by Evelyn Farr

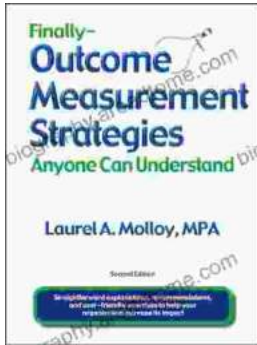
★★★★☆ 4.3 out of 5

Language : English  
File size : 19023 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 199 pages  
Lending : Enabled



## Unveiling the Silent Pandemic: Bacterial Infections and their Devastating Toll on Humanity

Bacterial infections represent a formidable threat to global health, silently plaguing humanity for centuries. These microscopic organisms, lurking within our...



## Finally, Outcome Measurement Strategies Anyone Can Understand: Unlock the Power of Data to Drive Success

In today's competitive landscape, organizations of all sizes are under increasing pressure to demonstrate their impact. Whether you're a...