



MEDICINE CABINET

FOR THE FIRST YEARS

by Rania Neinert

A big thank you to Julie for her additions to the baby pharmacy

Your home medicine cabinet

Contents

Your home medicine cabinet	4
You should have all of this in your medicine cabinet:.....	4
Tools for all cases:.....	4
Medications.....	4
Poison Information Center	5
Diarrhea in babies and young children.....	6
Vomit.....	6
Enema.....	7
Cold or flu.....	8
Fever	10
Earache.....	11
Onion bags.....	11
Sun protection.....	12
Information on the Internet about pollutants	13
We rely on these ingredients instead	14
Help with burns.....	15
Teething	16
Links.....	17

Translated with Google Translator

Your home medicine cabinet

You should have all of this in your medicine cabinet:

Notes with the addresses of

- Pediatrician
- Children's Hospital
- Emergency call center

Tools for all cases:

- soft cooling pad
- Thermometer for either the mouth or the anal area – do not use them alternately! It is better to use one for each area – color-code if necessary
- Rescue blanket
- glucose
- Enema syringe for enemas
- small cherry stone pillow
- Saline solution in a small plastic ampoule
- Saline nasal drops
- Inhaler (e.g. PariBoy available to borrow from the pharmacy)
- Red light lamp
- Tannolact powder (for skin problems/itching etc.)
- Wound disinfectant spray e.g. Octenisept (also suitable for mucous membranes)
- Lactose (e.g. from Edelweiss for constipation)
- Calendula essence (for wounds and skin inflammations, use externally only)
- Arnica essence (for bruises and hematomas , only externally on intact skin)
- Medigel (for rapid wound healing after falls, for example)
- Insectolin Gel helps against mosquito bites

Medications

- Teething products (Dentinox , Gengi gel, Kamistad for babies...)
- Antipyretics (paracetamol, ibuprofen suppositories or juice – consult your pediatrician)
- Cough syrup (e.g. Prospan)
- Aconite ear drops (e.g. Wala)
- Fenistil gel – only from 1 year of age
- Wound and burn gel

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Poison Information Center

Children like to put all sorts of things in their mouths – and can easily poison themselves.

The poison control centers or poison information centers are available around the clock for acute poisoning cases.

The poison control center in Mainz is responsible for Hesse:

Poison Information Center (GIZ) of the states of Rhineland-Palatinate, Hesse and Saarland

Clinical Toxicology, University Medical Center Mainz

www.giftinfo.uni-mainz.de

Tel: 0 6131-19 240

You can also find good information here:

www.kindergesundheit-info.de/themen/krankes-kind/im-kranksfall/



www.embryotox.de/arzneimittel/



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Diarrhea in babies and young children

Diarrhea in babies is difficult to detect because they often have loose stools. You can recognize diarrhea mainly by the fact that they pass stools around 5 times a day and the smell is particularly noticeable. The bottom often becomes sore. Trust your instincts!

Breastfed children should definitely continue to be breastfed to prevent fluid loss - possibly feeding more often.

Children who are not breastfed should not be given any formula for about 6 to 8 hours, but only tea (fennel or camomile) with a pinch of salt and 1 teaspoon of glucose. I recommend glucose from Müllers Mühle, as no vitamins are added.

Small children who pass loose stools three times or more have diarrhea and should not eat solid food for 6 to 8 hours.

Important: Children with diarrhea need to drink a lot, otherwise they will quickly become dehydrated.
Give them tea with salt and glucose.

Vomit

Small children vomit more often. It is important to ensure that the child does not lose too much fluid.

If a child vomits, he or she should sit or stand upright. A cool washcloth on the forehead provides relief. Give the child tea sweetened with glucose and no solid food for the next 4 hours.

A small enema with tea plus a pinch of salt in an enema quickly returns fluid to the body and relieves the urge to vomit.

An electrolyte solution such as Oralpädon or a homemade one made from 500ml fennel tea, half a teaspoon of table salt, 5 teaspoons of glucose plus the juice of 1 orange will contribute to a quick recovery.

Get medical attention immediately if you experience any of the following symptoms:

- the child vomits for more than 4 hours
- it is apathetic
- it does not drink
- it starts to feverish

Enema

The enema is very helpful because it allows fluids and electrolytes to be absorbed quickly through the intestines.

Many parents shy away from it because they think it is very unpleasant for the child. But it can be very helpful because it flushes out germs and can sometimes stop diarrhea.

This also applies to severe vomiting.

Prepare an enema: introduce about 50-150 ml of warm water with a pinch of saline into the intestine using a rubber enema from the pharmacy (looks like a nasal secretion aspirator).

You can give children over the age of 2 Diarrhoesan juice or Perenterol Junior.

Purees containing pectine, such as those made from grated apples or mashed bananas, are also good.

If your child has white or bloody stools, refuses to drink, vomits, has a fever, stomach ache, dry lips/tongue, or a hard stomach, seek medical attention immediately.

To compensate for the loss of fluids and electrolytes, give Oralpädon or prepare a solution yourself:

- 1 litre of water (or 500 ml water + 500 ml orange juice/fruit tea/multivitamin juice)
- 1 teaspoon of table salt
- 7-8 tsp glucose

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Cold or flu

Young children need to train their immune systems. They do this by sometimes getting up to 10 colds a year. Eventually, the immune system is so strong that colds are rare.

Parents can strengthen the immune system by going outside with their child every day, regardless of the weather, from the second week of life onwards, and by ensuring that the child has a balanced diet with fresh fruit and vegetables.

No ready-made jars! Cook it yourself!

Colds usually last about 7 to 10 days and can be "lived through" without a visit to the doctor. The child should rest/sleep a lot and drink more than usual.

The sleeping environment should be cool (18°C) and the humidity high (hang up damp towels).

Colds usually begin with a runny nose that is constantly running and irritates and swells the mucous membranes. It is useful to use decongestant nasal drops that are carefully dripped in while lying down. Nasal drops for little ones should simply be a saline solution (homemade: boil 100 ml of water and dissolve 1 g of saline, or buy from the pharmacy).

Protect the sensitive skin under the nose right from the start with a good moisturizing cream. For children from around 2 years of age, Weleda's cold cream can be applied to the outside of the nostrils and/or a small strip of ointment can be inserted into the front of the nose.

A sore throat usually follows next and is often very unpleasant for the child. A small silk scarf can help. A neck wrap, for example with curd cheese, is also helpful.

Quark wrap

For a quark wrap you need quark (fat content doesn't matter) and a cloth (e.g. a muslin diaper).

Warm the quark a little and spread it about 0.5 cm thick on the middle third of the inner cloth. Then fold the lower and upper thirds over it so that the quark is like in a pocket.

Then place the cloth with the curd on top so that there is only one layer of cloth between the skin and the curd.

The wrap can be left in place overnight if it is comfortable for the child.

Please check from time to time.

Rhinodoron from Weleda can also be helpful as it soothes the mucous membranes and can prevent inflammation.

Finally, the coughing starts, and an end is soon in sight. It is pleasant for the little patient if the head or upper body is raised, because it makes breathing and coughing easier.

Simply place a folded towel under the mattress to create an inclined surface.

Remember the room temperature is 18°C and practice airing the room frequently.

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Good old chest wraps often work wonders in this situation.

The potato wrap is made with boiled and mashed potatoes wrapped in a cloth around the chest. Make sure that the wrap is not too hot. Try it out on your neck.

be left on all night and is often more effective at suppressing coughs than cough syrups containing codeine , which can only be given to children over the age of 12.

You can use cough syrups such as Prospan , Bronchipret Syrup or Aspecton Junior.

Warm milk with honey is perceived as pleasant and expectorant, but only for children over 1 year (risk of botulinum toxin).

A very valuable and sensible purchase for the first few years of a child is the purchase of an inhaler such as **Pariboy** . The costs are often covered by the health insurance company through the pediatrician. In the first few years, only saline inhalation is used; later, expectorant preparations can be inhaled after consultation with the pediatrician.

Breastfed children can be successfully treated for a cold by instilling breast milk into the nose.

It is important that little ones never come into contact with essential oils, neither through their skin nor through breathing.

It is now known that inhaling essential oils can lead to overreactions in the bronchi, which can be very dangerous. I therefore advise against rubbing small children with Pinimenthol S, for example.

As with all childhood illnesses, support your child above all with love, physical contact, patience and attention. Organize support for yourself and don't overburden yourself.

Nasal aspirator to remove excess nasal secretions.

Bronchipret Syrup or Aspecton Junior from the age of one

Bronchicum Elixir from 6 months.
containing codeine work

For mucous coughs, use Thyme-Myrtle Balm sparingly from six months

Strengthen the immune system of infants if the whole family has a cold:
Infludoron Globuli from Weleda

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Fever

Measure the temperature with a thermometer directly in the bottom. It is best to lay your child on the changing table, gently press your thighs onto the tummy so that the anus is relaxed and quickly insert the tip of the thermometer, which has previously been moistened with cream.

It is best if a second person calms the child with a pacifier or hand on the head. Small children often have a fever and this is actually the body's very good defense against "intruders". Therefore, it is not always necessary to intervene immediately.

Measured value in °C	Meaning
36.5 – 37.5	normal temperature
37.6- -38.4	high temperature
38.5-38.9	Fever
from 39	high fever

A newborn under 3 months already has a fever at 38.0°C!

How should you behave when you have a fever?

Keep calm and radiate to the child

Offer to drink

Make sure you wear airy clothing or a light blanket

Create a lot of physical contact if desired and create a quiet environment, possibly darken

Possibly calf wraps with lukewarm damp cloths (approx. 1-2 degrees below body temperature)

Measure temperature every 30-60 minutes

If the child is lethargic or the condition does not improve, call a doctor

For older children, give fever suppositories. Note the time and dose to keep track

Warm the suppository slightly and insert it with the blunt side first

Get support if you are alone

FeverApp → <https://www.feverapp.de>

Developed by the Federal Institute for Education together with pediatricians



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Earache

Earaches can occur quite suddenly and unfortunately children are more likely to suffer from them due to the narrow convolutions of their ears. A blocked nose usually prevents the ear from getting air, which creates a painful negative pressure.

Give your child decongestant nasal drops - saline solution 0.9% - available from the pharmacy. Drip nasal drops into the nose.

If the pain is not so severe, you can carefully drip aconite drops (Wala) into the ear. The oil should be at body temperature. To do this, warm the bottle in your pocket or between your hands.

Please do not stuff your ears with a cotton ball. This can encourage bacterial growth, which can lead to a middle ear infection.

If it is put into the ear with a pipette, squeeze the rubber balloon and carefully pull the pipette out of the ear.

Only now do you release the pressure on the balloon. Otherwise, there will be an unpleasant noise in the ear canal.

Onion bags

Onion bags are an old home remedy that has anti-inflammatory and analgesic effects.

How to make onion bags

Peel and roughly chop the onions, heat slightly, wrap in a cloth and place on the ear.

If necessary, strengthen with a warm cherry stone pillow or a light hot water bottle. Be careful where you apply the treatment, because the smell of onions is persistent! (Our sofa still stank of onions weeks later)

In case of severe pain: Ibuprofen suppositories or juice have a pain-relieving and anti-inflammatory effect. Discuss this with your pediatrician beforehand!

Please make a note of when you gave what and how much to your child. In stressful situations it is easy to lose track. Follow the dosage instructions in the package insert.

If there is no improvement, please go to the pediatrician.

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Sun protection

Ideally, children should not have direct contact with the sun until they are 1 year old and therefore do not need sunscreen.

Sunscreen is a cosmetic product and is therefore not tested like a medicine.

A good site on the Internet is this

<https://tinyurl.com/2p8v875r>



When buying, look for a sun protection factor of 50, a cream with mineral protection – zinc oxide, and free of nanoparticles.

Creams with chemical protection penetrate the skin and protect it from UV radiation. These creams are more pleasant to use, but research has not yet been carried out into what happens in the skin (especially in babies).

Alternatives to sunscreen

- UV clothing
- head
- UV protection in parasols
- Beach shells
- Eucerin Sensitive Protect Kids protection Dry Touch - from three months
- Important: Sun protection factor 50+ and regular reapplication

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Information on the Internet about pollutants

https://www.deutschlandfunknova.de/teil/p_ara-bene-avoid-chemical-substances-and-have-less-in-the-body



1. Oxybenzone

This ingredient is found in almost 65 percent of all non-mineral sunscreens.

Recently it was even banned in Hawaii after it was discovered that it was damaging the corals in the region: the chemical removes nutrients from the corals and turns them white. But it is not just the environment that suffers, because oxybenzone is also a synthetic estrogen, i.e. an artificially produced estrogen, which can lead to a disruption of the human hormonal system.

2. Octinoxate

The ingredient octinoxate also has hormonal effects and can disrupt the reproductive system. Animal studies have also shown that the chemical can have a negative effect on the [thyroid](#) and even cause behavioral changes.

3. Avobenzon

Avobenzon does not have a hormonal effect, but often causes skin irritation.

Since the chemical element decomposes very quickly, stabilizers are usually added so that it can develop its effect. This is precisely when avobenzon is particularly effective, but it irritates sensitive skin very quickly.

4. Retinyl Palmitat

This substance is a form of retinol, a powerful antioxidant.

Normally we are huge fans of [Retinol](#) or vitamin A, but when combined with sunlight, retinyl palmitate begins to form free radicals. And that is exactly the opposite of what you want from an antioxidant.

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We rely on these ingredients instead

Instead of the four ingredients mentioned above, it is better to use sunscreens and oils that contain zinc oxide or ecamsul . They are not harmful, but still provide effective protection against UVA radiation.

- Suntribe Organic Zinc Sunscreen Face & Sport
- Beauty by Earth Sunscreen : Organic Sunscreen SPF 25
- Sun hat with peak and neck protection
- UV clothing
- In the evening, shower off sunscreen and leave the skin alone: do not apply cream/oil etc.

When the kids go to daycare/ kindergarten , apply sunscreen in the morning and pay attention to the transitions between clothing and skin, put a little sunscreen under the sleeves of their T- shirts ... dirty clothing can be washed, but sunburn is a lifelong cancer risk!

Interesting blog:

https://www.mit-kindern-growing.de/blog/tag:Parent-Child-Relationship#blog_list



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Help with burns

The best “help” is prevention!

Assess the dangers carefully and always take into account the unpredictable behavior of children.

If it does happen, stay calm and reassure your child. A list with the relevant telephone numbers (children's clinic) should always be kept in a visible place, for example on the refrigerator.

When it comes to burns, a distinction is made between small-area and large-area burns.

Large burns are not cooled because the risk of hypothermia in children is greater than the benefit of cooling. Remove textiles immediately if they are not stuck to the damaged skin.

With small children, be aware that the diaper may also be affected and cause further burns in the diaper area.

babies are burned, they are immediately taken to a children's hospital.

The first and most important measure should be to cool the affected area (not in babies and not in large burns - see above).

prevent afterburning, i.e. deeper combustion due to a large temperature difference.

Important: If you have a burn, do not apply zinc ointment to the affected area of skin. The heat from the burn will otherwise penetrate deeper into the tissue and make the injury worse.

By cooling the skin, the depth of the burn is minimized and the coolness also has an analgesic effect.

If the child's injuries are larger than their hand, they must be taken to a doctor or hospital. Please call an ambulance and make sure the child does not get cold. Wrap the child in a silver /gold emergency blanket.

If the burn needs further treatment in a children's hospital, you can carefully wrap cling film around the affected area. This will protect the wound well and prevent germs from entering the open wound. The film can be easily removed again.

For small burns you can use a wound burn gel such as Fenistil gel or Bepanthen cooling foam spray.

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Teething

Every child reacts differently to teething; there are children who go through this phase without any problems. Some have increased salivation, fever, red cheeks, diarrhea and sore bottoms, or are very whiny because they are in pain.

You can support teething by starting early and massaging the chewing ridges with a soft toothbrush to make it easier for the teeth to break through.

There are many aids that help more or less, but in any case it is good for us parents to do something. Cooling teething rings are said to provide relief.

Gengi Gel is another good alternative to Dentinox and has a very good pain-relieving effect. Violet root is also often given, but I do not recommend this as it is difficult to keep clean, can become moldy and could be swallowed. Above all, however, violet root contains essential oils. Essential oils can cause cramps in small children. Therefore, small children should never come into contact with them.

If the pain is causing the child a lot of distress and sleep is impossible, I would perhaps give them a painkiller (paracetamol suppository). Again, note the time and dose (e.g. in your cell phone).

I wish you good nerves and a quick breakthrough 😊

- Store cooling teething rings in the refrigerator, not the freezer.
- Chamomile or sage tea in combination have an anti-inflammatory and slightly germicidal effect
- Osanit teething globules from the 4th month of life with chamomile →are tooth-friendly because they contain no sugar.
- InfectoGingi Mouth gel : chamomile, sage, lidocaine - always wash your hands thoroughly before putting your finger in your baby's mouth .
- Not all essential oils are life-threatening, but eucalyptus camphor and thyme can cause respiratory distress due to laryngeal spasm, which could be life-threatening.

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Links

<https://www.kinderaerzte-im-netz.de/news-archiv/melde/arti-cle/aetherische-oele-eignen-sich-nicht-als-heilmittel-bei-kleinen-kindern>



<https://www.deutsche-apotheker-zeitung.de/daz-az/2015/daz-42-2015/teething-without-pain>



not only helpful during pregnancy:
<https://www.embryotox.de/arzneimittel>

