

Natural Help 4...

Child Sleep Problems



What are Child Sleep problems

Children, like many adults, sometimes have difficulty falling asleep. [Sleep problems](#) are a very common problem that parents face in today's hectic lifestyle. Very often **sleep problems become chronic** and are cause for concern. We all know that sleep is essential for a child's overall health and well-being and that it allows the body to rest and function at an optimal level the following day. Lack of sleep not only compromises the immune system, but is also believed to affect growth.

Types of Child Sleep Problems

There are various types of sleep problems that children may encounter and they include:

- Sleep deprivation
- Talking during sleep
- Frequent awakening during the night (night waking)
- Separation issues
- Waking up crying
- Sleep walking
- [Nightmare](#) or [night terrors](#)
- Night sweats
- Resistance to sleep
- [Teeth grinding](#) and clenching
- Bedwetting
- Waking early

Some sleep problems may disappear on their own, while others develop into more **serious sleep disorders** such as parasomnias, obstructive [sleep apnea](#), [narcolepsy](#), [insomnia](#), sleep paralysis, [snoring](#), and [seasonal affective disorder](#) if left untreated.

Diagnosing Child Sleep Problems

If your child is not getting sufficient sleep, he or she will display signs of [fatigue](#), irritability, [mood swings](#), and inability to [concentrate](#) and focus. Generally, children between the ages 5-12 years need between 10 and 11 hours of sleep a night. Teens aged 13-14 years need about 8 and 9 hours of sleep each night, while those 15 years and older need 8 hours of sleep.

[Common sleep problems](#) may simply require establishing good sleeping

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

routines, and ensuring that your child feels safe and secure. However, if sleep problems worsen consult your pediatrician or doctor. A physical examination and medical history will be taken to **rule out any underlying disorders**. Your doctor may also refer your child to a sleep specialist to monitor his or her sleep patterns and **determine the root of the problem**.

What Causes Child Sleep Problems?

If you find yourself struggling to put your child to sleep or your child is waking often, these are some of the possible causes:

- Lack of a routine or formal bedtime ritual
- [Separation anxiety](#)
- Family problems
- [Childhood depression](#) or trauma
- Formula or food sensitivity
- Diet high in sugar or stimulants such as coffee and tea
- Airborne allergens
- Teething
- Colic
- Pain such as earache, or abdominal gas
- Discomfort such as being thirsty, hungry, hot, cold or a wet bed
- Intestinal worms
- [Urinary tract infection](#)

External factors such as noise, thirst, hunger, heat, or cold, a wet bed and even uncomfortable pajamas may keep your child awake at night.

Help for Child Sleep Problems

Treatment typically depends on the type of sleep problems. As children mature, they often overcome and outgrow sleep disorders. More [serious sleep disorders](#) require medical treatment. Night terrors very seldom require medical intervention, and in most cases, you simply have to make your child as comfortable as possible. Children often outgrow sleep walking, but it would be wise to implement safety precautions.

Treating nighttime bedwetting involves bladder control training, reinforcement and responsibility training, conditioning or medication. [Anxiety](#) that is brought on by having to go may be relieved by developing effective coping strategies such as reassurance, calming bedtime routines, and cognitive-behavioral therapy. In **children with sleep apnea**, their tonsils and adenoids removal may be an option, or they may be treated with nasal continuous positive airway pressure (CPAP).

Natural Remedies

A more natural and gentle alternative to allopathic medicine that helps to **promote peaceful sleeping patterns in children** is the use of herbal and homeopathic remedies. These remedies are non-addictive and safe, without any side effects. Herbs such as **Matricaria recutita** (Chamomilla) safely relax young children, while at the same promoting drowsiness. It also calms digestive upsets



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

and colic, **soothes teething toddlers and treats anxiety**. Passiflora incarnata is a powerful herb used as a mild sedative and tranquilizer and is effective for colic symptoms. Homeopathic remedies such as Coffea C30 and Cina C30 are excellent in pacifying oversensitive, irritable children at bedtime. Children who tend to throw temper tantrums, toss and turn in their sleep, grind their teeth and have intestinal worms will also benefit from homeopathic formulations.

More Information for Child Sleep Problems

Tips for good sleep habits

Follow these tips to help cope with child sleep problems:

- Create a familiar routine for bedtime - feed, bath, cuddle, saying goodnight, a story or lullaby
- Interact with your child at bedtime in a loving, yet firm manner so that he or she becomes accustomed to the [bedtime routine](#)
- Establish a regular daily routine by maintaining the same waking time, meal time, nap time and play time for your baby or child. This makes going to bed easier and at the same time helps them to feel secure.
- Ensure that sleep routines used for your baby can be used anywhere, as this will enable your baby to sleep away from home
- Find your child's ideal bedtime by observing in the evening when he or she is starting to wind down and tire
- Ensure that children are physically active throughout the day and get plenty of fresh air
- Dim the lights in the evening as bedtime approaches, and if possible, take them outside into the bright light in the morning – light signals the brain into the right sleep-awake cycle
- Avoid giving your child food, snacks or drinks that contain sugar and caffeine (chocolate, cola), as it disrupts the sleep cycle
- Provide a night light if your child does not like the dark
- Reduce your child's TV watching to two hours during the day and none at bedtime
- If your child is frightened of the “monster in the closet” or of being left alone, promise to return and check on him or her
- Avoid sending your child to bed as a threat or punishment, as bedtime should be an enjoyable experience

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play

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in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.



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Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Bad Dream Sprinkles: Night-time comfort for young children in a child-safe supplement

Bad Dream Sprinkles is a 100% natural remedy **formulated especially for toddlers and children by a Clinical Psychologist**. The remedy contains a combination of gentle yet effective herbal ingredients traditionally used to maintain night time comfort and **support healthy sleep patterns**. Bad Dream Sprinkles may be used in the middle of the night, as well as just before bedtime.

Safe and easy to administer, the pleasant tasting granules of Bad Dream Sprinkles are simply sprinkled on the tongue and rapidly absorbed in the mouth – **making them easy to administer** to young children. The granules are sweet tasting and fine enough to be taken even by babies and small children, many of whom come to associate the taste with comfort and security.

Like all Native Remedies products, Bad Dream Sprinkles has been developed with care by our practicing Clinical Psychologist and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's health.

[Learn more about Bad Dream Sprinkles](#)

Serenite Jr.: To promote healthy sleep patterns in children and babies

Serenite Jr. is a safe and effective herbal remedy specially formulated by our clinical psychologist to **promote junior night time harmony** and to assist parents in their task of naturally settling fussy little ones with occasional night time restlessness.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Serenite Jr. contains 100% natural herbal ingredients and can safely be used by all children and babies over the age of 6 months and is **gentle and non-addictive**. Together with consistent discipline, a regular routine and night time ritual and a loving home environment, Serenite Jr. can quickly help to **support healthy sleep patterns and restore peace to your home**.

Serenite Jr. is different because it is formulated especially for children and uses herbs in a natural tonic formula which is safe and effective. It is easy to administer in convenient drop form and may be used at night whenever needed. It may also be combined with our Triple Complex Sleep Tonic for every day use to promote ongoing sleep health.

[Learn more about Serenite Jr.](#)

Sleep Tonic: To promote healthy sleep patterns

Sleep Tonic is a remedy containing a combination of three, **cellular-supporting tissue salts** especially selected for their effect on brain and nervous system health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain and nervous system**, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called **cell salts** or **biochemic salts**, are **composed of minerals which occur naturally at a cellular level** in our bodies and all organic matter on earth, such as plants, rocks and soil. Just like the bricks and mortar of a wall, tissue salts are the building blocks for cells. All in all, **twelve tissue salts have been identified as being essential components of all body cells** and without which, true health is not possible. Each tissue salt plays a different, yet vital role in maintaining cellular health in all the organs and systems of the body.

Sustaining the correct balance of tissue salts in the body is similar to the structural engineer laying good foundations when building a house. This process of tissue salt balance, called Biochemistry, was first explored by Dr. Scheussler, a prominent 19th Century German physician. Dr. Scheussler discovered that, when reduced to ashes, each human cell contained 12 minerals or biochemic tissue salts. He believed that these minerals should be present in all living cells (and in perfect balance) to support good health and well-being. This knowledge is still highly respected today and practiced by Homeopaths and Naturopaths all over the world.

Making sure that all the cells of your brain and nervous system are functioning effectively will also mean that you will enhance the bio-availability of all supplements, remedies and even nutrients in your diet – thereby maximizing all your brain health efforts! And because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages (from infancy to old age) – as well as during pregnancy!

[Learn more about Sleep Tonic](#)

Read the testimonials for these quality products [here!](#)



[Read more about the Native Remedies Full Spectrum Approach™](#)

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