

Natural Help 4...

Infant Emotional Development



What is Infant Emotional Development?

It's a momentous occasion as your new baby enters this world and starts on the wonderful journey of life. It is also a time where you as parent are feeling overwhelmed with emotion, excited at this amazing new life, and probably more than a little fatigued too. Now if you are feeling all these things, just **imagine what your little one must be experiencing!**

Months of floating blissfully in the warm, **safe and quiet environment of the womb has ended abruptly** and your baby is suddenly faced with the rush and noise of the world where lights are bright, and all stimuli very new and somewhat overwhelming.

As you might imagine, this new wide world is a lot for your little one to take in and **he or she may feel somewhat anxious and 'lost'** despite your efforts to make them feel comforted and safe. While we don't often think about it, as we cannot remember this stage of life ourselves, this beginning phase of life must be the biggest adjustment that a human being ever has to make!

Help for Infant Emotional Development

Using the essences of especially chosen flowers can help to safely help to ease your little one's recovery from birth and adjustment to life outside the womb, **giving him or her a sense of inner peace** and the feeling of belonging in the universe. This will be a great aid in **the infant's emotional development**. As Flower Essences use the vibrational energies of selected flowers to effect healing within the individual and do not contain any synthetic ingredients or even natural extracts of herbs, they are extremely safe for use in newborn babies.

Examples include Sweetpea flower essence which provides an internal sense of calmness and serenity and sense of belonging, while Thyme is an energizing essence which also **enhances awareness of both the conscious and subconscious mind**. Other essences that can aid your baby's recovery from the birth process include Baeometra which helps to address fatigue and impart a sense of new promise and optimism, and Cauliflower essence which is specifically for shock sustained during the birth process.

Tips for parents of Newborns

- **Your baby is 100% dependent on you for survival and there are a few basic needs that must be met.** Your new baby needs to be kept clean, warm, fed and rested and meeting these needs promptly helps to make your baby feel secure and safe. In addition, your baby needs lots of love and affection, and the good thing is that you can't overdo holding and

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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.

cuddling your baby!

- **Keep your home or at least the immediate area around your baby as peaceful as possible.** Loud unfamiliar noises, bright lights, and busy environments can be overwhelming for your newborn, however, new babies will not be unduly disturbed by normal household sounds and these can also help to impart a sense of security and comfort.
- **Encourage your partner to bond with new baby** and get involved with all the baby duties. Getting you partner to participate in feeding, holding, bathing and changing baby will lighten the load and help baby to adjust to both important people in his or her life.
- **Learn to trust and listen to your motherly instincts.** Mothering is a natural process that is learnt only through taking up the role of motherhood. Of course, you may sometimes need advice or a helping hand but remember that ultimately, you and your partner know your child the best.
- **Routine is often useful for parents** but it is also a great comfort to your little one as they become accustomed to what to expect. Your newborn will probably dictate the routine within the first few days but you can soon adapt this to include routine feeding times, nap times as well as relaxing periods where you just relax, play and cuddle your little bundle of joy or listen to a calming CD. Keeping set times for dinner bath and bedtime will also help to set your baby's inner 'body clock' and encourage good sleep habits.

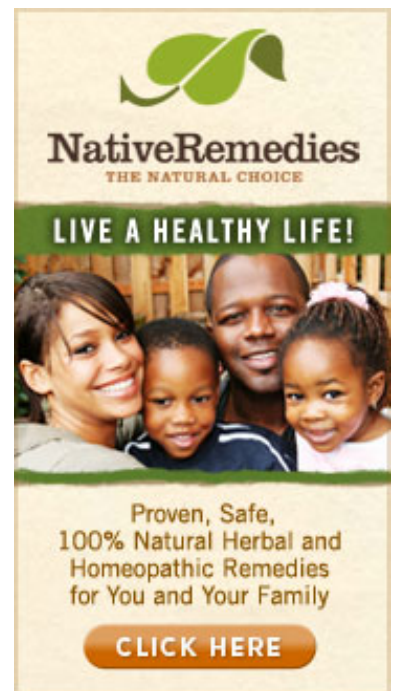
The Natural Approach

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 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,



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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.

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.

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

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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:

WelcomeBaby Flower Essence: Ease baby's recovery from birth and adjustment to life outside the womb, giving a sense of inner peace and the feeling of belonging

WelcomeBaby Flower Essence is a 100% safe, natural liquid infusion which contains an effective formula of pure and undiluted flower essences. In line with the classic method, all our flower and gem essences are infused in natural sunlight using pure spring water. They are hand bottled and hand labeled in a peaceful environment away from factory production lines.

Using WelcomeBaby Flower Essence immediately after the birth and for the first few weeks afterwards will help to **revitalize your baby** after the birth process, address exhaustion, impart a sense of new promise and optimism, as well as a feeling of belonging in the new world, **keeping your baby strong and peaceful** during this time of transition.

[Learn more about WelcomeBaby Flower Essence](#)

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