

# How to Treat Your Child's FEVER

When fever occurs it is nature's way of fighting infection and should not be suppressed. However sometimes a fever will keep a child from getting necessary sleep, then it is best to alleviate discomfort.

## Multiple Options Exist:

- **BATHS:** Give the child a lukewarm bath and add 3-4 drops of lavender oil. Your child may soak for several hours. The lavender bath soothes, cools and calms the child, allowing him to feel comfortable and relaxed enough to sleep restfully.
- **TEA:** Calm and re-hydrate your child with teas. Favorable choices include catnip, chamomile, elderflower, fennel, ginger, hyssop, lemon balm, lemongrass, meadowsweet, and peppermint. Try making popsicles out of these teas to make them more appealing.
- **COLD COMPRESS:** For a Eucalyptus foot compress add 2 drops of eucalyptus essential oil to a bowl of cold water. Renew the compresses as they warm.
- **WET SOCK TREATMENTS:**
  - Warm your child's feet first by soaking them in warm water for 5-10 minutes.
  - Next, take a pair of thin cotton socks and thoroughly wet all but the ankle portion with cold water.
  - Grated ginger in oil or Castor oil may be massaged into your child's feet for added benefit.
  - Place the cold wet socks on your child's feet and cover these socks with thick wool socks. Tuck your child in bed with plenty of blankets.
  - You should find that the wet cotton socks will be dry in the morning and your child should have slept much better from the treatment.
- **ENEMAS:** For spiking fevers, re-hydrate your child with enemas made of Catnip tea.
- **CONTACT YOUR PHYSICIAN** if your child
  - has a fever of 103 ° F or more
  - refuses fluids or seems too ill to drink adequately
  - has any of the signs of dehydration
  - has a seizure
  - is still feverish after 72 hours
  - has inconsolable crying
  - has difficulty awakening
  - has confusion or delirium
  - has rash with fever
  - has stiff neck
  - has difficulty breathing
  - has diarrhea or repeated vomiting