

# angels & urchins

SPRING 10

London's indispensable parents' magazine

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# HEALTH news



## Kill those germs

I have never known a winter with so many bugs. The Noro virus finally struck our house and zipped round each one of us. How many more people did we infect? We tried to stem the infection by using Tristel Protect baby wipes, a new product from a company that supplies infection-fighting products to over 700 UK hospitals. The wipes and sprays are sporicidal, virucidal, bactericidal and fungicidal and will kill 100% of germs. from £7. Available exclusively from [tristelathome.co.uk](http://tristelathome.co.uk)

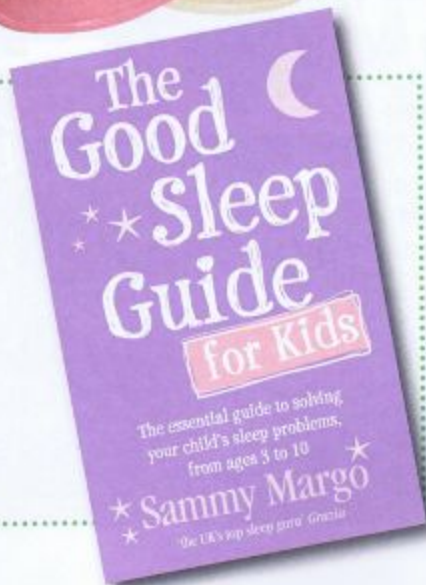
## POTTY TRAINING

Pity me as I embark on potty training twins. The girls seem eager to start so I have stocked up on equipment – one set upstairs, one downstairs. Children get very attached to their potties so I am intrigued by the new BecoPotty. It is completely biodegradable and the company is encouraging children to bury their potty in the garden once potty training has finished! I also like the new Pourty Potty. With its unique pouring duct, it makes getting rid of wees a doddle! Both the BecoPotty (£7.99) and the Pourty (£9.99) are available from [jojomamanbebe.co.uk](http://jojomamanbebe.co.uk). For more info on both go to [becothings.co.uk](http://becothings.co.uk) and [pourty.com](http://pourty.com). From experience, any sort of bribery seems to work with potty training. There are quite a few potty books with stickers. I rather like these new DK books, one for boys, one for girls, full of rhymes and pictures showing children what to do. £4.99 each.



## Sleep tight

A good night's sleep should be the top ingredient for any healthy child. But it is not always that simple. All those questions that you have worried about are answered here: are there any foods that can help my child prepare for sleep? Is a bedtime ritual important? Imaginary friends, are they harmful? Putting some or all of her advice into practice could be the best thing you have ever done for your family. The Good Sleep Guide for Kids by Sammy Margo (£10.99 Vermilion)



## SOF SAYS:

Starting a new regular column, homeopath Sof McVeigh looks at how to relieve the symptoms of chicken pox



Spring often heralds the appearance of itchy red spots, temperature and general grumbles, aka chicken pox. The flu-like symptoms appear first, followed by the spots a few days later. Easing the symptoms with paracetamol or ibuprofen (or a combination of the two) is the standard advice – never use aspirin in chicken pox, it can lead to complications. Some doctors recommend anti-histamine such as piriton.

To ease the itching I recommend two types of baths, whichever is more effective. Put a handful of sodium bicarbonate or a handful of organic porridge oats in the bath. To stop the oats going everywhere tie them in a piece of muslin, or cut off the foot from an old pair of tights and put them in that! Sodium bicarbonate (or bicarbonate of soda) is also good for cystitis and indigestion.



The homeopathic remedy that is most effective for the itch is Rhus Tox 6c. Start it as soon as the spots appear and continue twice daily for five days or stop earlier if the itching goes. If your main concern is the 'flu-like' symptoms, Apis, Bryonia, Pulsatilla or Merc-Sol may be tried, depending on your child's symptoms.

To help the skin recover, eat plenty of Vitamin C and beta-carotene rich food, which provides natural vitamin A. It's found in dark green vegetables and orange fruit and vegetables, like carrots, mangos and apricots. Once scabs have healed Vitamin E oil can be applied.

Normally you only get chickenpox once and the good news is if you've had it as a child you will usually have a lifelong immunity, good news for girls as chickenpox during pregnancy can cause complications. Of course if you are pregnant and have been exposed to the virus, always check with your doctor.



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