



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

FIRST AID KIT FOR HOME AND TRAVEL

We recommend having the following items on hand; many are included in ready-to-go first-aid kits, but you'll have to amend with the bonus items:

- sterile gauze pads (dressings) in small and large squares to place over wounds
- adhesive tape
- roller and triangular bandages to hold dressings in place or to make an arm sling
- adhesive bandages in assorted sizes
- scissors, tweezers, safety pins
- flashlight, with extra batteries in a separate bag
- antiseptic wipes or soap hydrogen peroxide
- pencil and pad
- emergency blanket
- first aid manual

Your hands are wonderful first aid as well, even if only a soothing hand on the forehead. You can also use acupressure points for particular concerns. Press firmly and regularly with your thumb; you can also attach a small bead to a piece of tape and apply it over the point.

- **Large Intestine 4 (do not use if pregnant)** for headaches, pain, digestive upset
- **Lung 7** for cold and flu symptoms
- **Stomach 2** for sinus congestion
- **Pericardium 6** for nervousness, nausea, indigestion
- **Stomach 36** for indigestion, constipation, diarrhea, gas
- **Yin tang** for soothing nervousness and distress, or to promote sleep

Visit <https://www.pressthispoint.com/> for an excellent resource describing how to locate and use these points, as well as many others!



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| Content | Purpose/Comments |
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| Arnica cream or gel | Apply to closed skin for bruising, sprains, strains. |
| Calendula cream | Apply to superficial wounds (itching, scrapes, burns, stings); alleviates inflammation and itching, and is mildly antimicrobial. |
| Aloe gel | Apply to skin to alleviate burns and irritation; buy a commercial gel OR keep a plant in your home and use it directly. |
| Castor oil | Apply to closed skin for bruising, sprains, and strains; apply to abdomen for constipation and anxiety; can be applied directly, or as a compress |
| Essential oils | <p>Always dilute before applying to skin (5 to 50% in any carrier oil); avoid use in pregnancy and with infants; do not take internally.</p> <ul style="list-style-type: none"> • Peppermint: inhale for nausea; apply topically for skin infections • Tea Tree: apply topically for skin infections • Lavender: apply to itchy skin; to the temples for anxiety or headaches • Eucalyptus: vaporize in hot water or apply to the chest for cough and congestion |
| Herbs and items from the kitchen | <ul style="list-style-type: none"> • Garlic: crush and apply to minor skin infections; eat for colds and flus • Honey: add to tea or take straight (½ tsp. at a time) for sore throats and cough; apply to minor skin infections * only use in children over the age of 12 months • Salt: add 1 tsp. to 1 cup water and gargle for sore throats, to rinse the nose and sinuses, or to flush a wound • Ginger: slice finely and boil in water for nausea and indigestion • Thyme: a useful cough suppressant |
| Zinc 5–10 mg tablets/capsules | To boost immune system function (suggest using only during times of increased exposure to viral infections) |
| Melatonin in 1 mg | For jet lag and sleep; take 30-60 minutes before intended bedtime |
| Chewable L-theanine | L-theanine also helpful for acute nervousness |
| Grapefruit seed extract | <ul style="list-style-type: none"> • 5–10 drops per cup of water to treat diarrhea • For acute sore throat: 5 drops in 4 oz of water; gargle • As topical antiseptic: diluted or directly applied |
| Homeopathic arnica | For acute shock/trauma; 2 pellets under the tongue twice a day until improved |
| Oral rehydration solution | For management of mild dehydration |